



Bakersfield City School District

School Health and Wellness

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Pediculosis (Head Lice) Exclusion Letter

Date _____

Student _____ School _____

Teacher _____ Grade _____

Dear Parent/Guardian:

Your child has live head lice and is being excluded from school. Your child may return to school when their hair is free of live lice. **You must accompany your student to the school office for a head check before they can return to class.** Your child should not miss more than one or two days for the treatment of head lice. Additional absences will be marked as unexcused.

Information on Head Lice:

The head louse, or *Pediculus humanus capitis*, is a parasitic insect that can be found on the head, eyebrows, and eyelashes of people. Head lice feed on human blood several times a day and live close to the human scalp. Head lice are not known to spread disease.

Head lice most often affect children who are in direct contact with one another or who share personal items, such as brushes, hats, or scarves. Symptoms include itching, visible lice on the scalp, and lice eggs (nits) on the hair shafts.

Treatment of Head Lice:

1. You may purchase over the counter medication from the local drug store to treat head lice. You may follow up with your doctor for treatment options.
2. Follow instructions given on the medicine bottle carefully. Use lukewarm water when water is called for.
3. Please inspect each family member's hair and treat the head of each member. This must be done at the same time to avoid re-infection.
4. The medicated shampoo may not kill all nits therefore nits must be removed from the hair. After using the medication, inspect each family member's head under a bright light for the nits (eggs). Comb through the hair with a fine-tooth comb or metal "nit comb" to assist with removing nits.
5. Washable bedding and clothing items should be washed with very hot water and dried at the highest temperature setting (approximately 140 degrees F) for 20 minutes.
6. Non-washable items such as pillows, blankets, caps and jackets should be sealed in plastic for two weeks or placed in a dryer at the highest temperature setting (approximately 140 degrees F) for 20 minutes.
7. Vacuum all carpets, upholstery and mattresses thoroughly. Combs and brushes should be soaked for fifteen minutes in hot water (approximately 130 degrees F) or in the shampoo used for treatment.
8. Treatment with the medicated shampoo should be repeated in ten days following the initial treatment to assure that the head lice do not re-occur.

Sincerely,

Signature

Title