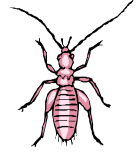


Dear CPCS Parents,

We are coming into the time of year when we seem to have challenges with lice. The school has a policy that if lice are found on a student, the parents are called immediately to come pick up that student to get them home and treated as soon as possible. The student will be allowed back in school after he/she has been treated and checked by school personnel.

Some facts about lice:

- Head lice do not transmit disease
- Head lice need human blood to survive
- Head lice prefer CLEAN hair- but will get on ANYONE... young, old, rich, poor, clean, dirty
- Head lice don't fly, hop, or jump- they crawl
- Head lice do not live on pets or other animals



Lice lay their eggs, called nits, onto the hair close to the head. It takes about a week for the nits or eggs to hatch. It then takes about seven to ten days for a newborn louse (one lice bug) to become an adult. The total life span of a louse beginning with the egg or nit is about 25 to 30 days.

How to prevent head lice infestations:

- Keep long hair up or in a braid or ponytail.
- Don't share items that have been in close contact with the head: hats, coats, combs, brushes, barrettes, helmets, or pillows.
- Hang coats and backpacks separately. Stuff hats into coat or jacket sleeves.



Checking for lice:

- Check your child's head for lice if your child is scratching his/her head more than usual.
- Lice and lice eggs or nits are very small, so use a bright light and a magnifying glass if you have one.
- It is suggested that families check for lice every week, just in case.

How to identify nits:

- Nits are hard to remove from your hair and are glued to the hair shaft at an angle
- Nits feel like little grains of sand stuck to the hair, so you may feel them even if you can't see them
- Dandruff can be flicked away easily with your finger. NITS CAN'T!
- Nits are tiny and can be clear, white, yellowish, brown or sometimes gray. Dandruff is usually larger and white. Nits may vary in size, but are always the same oval shape.
- Nits are usually laid close to the scalp and most often found around the ears and along the nape of the neck. However, eggs found further away from the scalp are not always dead or empty. They still may hatch.

If you find nits or lice:

- 1.) Remove the live lice
- 2.) Remove nits or lice eggs



Combing with a special lice comb every day for 3 weeks seems to be the best way to treat lice. It has been found that lice are becoming resistant to over-the-counter pesticides and that people have not been following the instructions closely enough so they end up being ineffective.

The Snohomish County Health District has a very informative booklet on-line called "Lice Aren't Nice" - www.tpchd.org/file_viewer.php?id=66. Another website to check out is www.headlice.org/kids. There is also a Lice recording at 425-339-5269. If you wish to speak with a Clinic Nurse, you may call 425-339-5259 (Everett) or 425-339-3503 (Lynnwood).

Serving Him,
CPCS Lynnwood Office Staff