



Dear Parents and Guardians of Joyner Students,

The health and well-being of our students is a priority at Joyner Elementary. In order to ensure the quality of our students health, teachers, health personnel, administrators, and parents need to work together in providing our students the best educational environment possible.

One of the ways to keep Joyner students healthy and ready to learn, is to regularly check for head lice. By simply doing daily and/or weekly checks of your child's head at home, you can help prevent outbreaks from occurring and reoccurring in classrooms. Parents need to know that early detection and immediate action is necessary for the health and well-being of ALL our Joyner students.

The head louse is a tiny, wingless parasitic insect that lives among human hairs and feeds on tiny amounts of blood drawn from the scalp. Lice (the plural of louse) are a very common problem, especially for kids in elementary school. They're contagious, and can be very tough to get rid of.

But while they're frustrating to deal with, lice aren't dangerous. They don't spread disease, although their bites can make a child's scalp itchy and irritated, and scratching can lead to infection.

It's best to treat head lice quickly once they're found because they can spread easily from person to person.

Attached you will find some more information regarding head lice. Please take the time read it carefully.

Thank you for your continued support and involvement in your child's health and education.

Respectfully,

Mr. Tim L. Suanico, Ed.S

Mr. Tim L. Suanico, Ed.S
Principal
Joyner Micro-Society Elementary Magnet School

Head Lice Facts for Parents

- Head lice are mostly found at the base of the scalp, particularly around and behind the ears, near the neckline at the back of the head.
- Head lice nits (eggs) take 8-9 days to hatch.
- Head lice move by crawling; they cannot hop or fly.
- Head lice are spread by head to head contact with an already infested person. This type of contact is common during play at home, at school and elsewhere (sports activities, slumber parties).
- The affected individual, family members also infected, and the home all should be treated.
- Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.
- Data show that head lice can survive under water for several hours
- Re-checking your child's head after treatment is needed as nits that are left behind can hatch in 8-9 days and cause another outbreak to occur.

What do I do if my child has head lice?

- Wash your child's hair and scalp with a **medicated pediculicide shampoo**. They are available over the counter or by prescription from your physician.
- Check all family members. Do NOT shampoo anyone that does not have head lice. Always use the shampoo as directed. Contact your physician for treatment of infants and pre-school children.
- Remove the nits (eggs) with a **special fine tooth lice comb**.
- Disinfect personal articles by washing in **hot water** and/or drying in a hot dryer for 20 minutes. You can also put items in **airtight plastic bags for 10 days**.
- Vacuum carpeting, mattresses and upholstered furniture (especially where children sit or lie to play and/or watch TV).
- Please contact the School Nurse if you have treated your child. The nurse can assist you with follow up and information. Your child's classroom will be checked and if any other students have head lice, they will be referred for treatment. The nurse respects your child's privacy and does not inform students and/or other parents of the name of another student with head lice. The nurse will work with each family individually.

Home Remedies for Head Lice

Head lice are tiny parasites that live on the scalp and hair shafts where they feed on blood. It is a common problem among children.

You can get lice by coming in contact with an infected person through play, school, sports, sleepovers and other gatherings; wearing the clothing of someone who has the parasite; sharing personal care items like brushes and combs that are contaminated; and laying on bedding that an infected person was previously laying on. Two of the most common signs of lice infestation are itching on the head and red bumps on the scalp.

As they reproduce quickly, it is very difficult to eliminate lice parasites within a few days. Combing them out can get rid of them, but it is a long and tiring process. There are several home remedies can help solve this problem.

1. Tree Tea Oil

Tea tree essential oil is a natural insecticide, making it an effective treatment for head lice.

1. Mix together one teaspoon of tea tree oil, one ounce of natural shampoo and three tablespoons of coconut or olive oil.
2. Apply the solution gently throughout your hair and cover your head with a shower cap or towel. Leave your head covered for a half an hour and then rinse thoroughly with hot water.
3. Finally, comb through your wet hair using a special lice comb to remove the dead lice.

Note: Do not apply tea tree oil directly to the scalp.

Tea Tree Oil has also been used to help prevent future outbreaks of lice. Some say that the lice, don't like it. Put a few drops in your shampoo, conditioner or detangler spray and it may help stop them from returning.

2. Coconut Oil

The lubricating nature of coconut oil will stop lice from moving around freely, preventing it from multiplying.

1. First, rinse your hair thoroughly with [apple cider vinegar](#) and allow it to dry.
2. Then completely saturate the hair and scalp with coconut oil. Cover your head with a shower cap or towel and leave it on for six to eight hours or overnight.
3. In the morning, comb your hair using a special lice comb and then shampoo as usual.

Repeat this every day for a week to eradicate lice. To make the treatment more effective, add several drops of anise essential oil to the coconut oil prior to application.

3. Olive Oil

Olive oil will effectively smother and kill head lice.

- Apply any type of olive oil to your hair generously before going to bed. Put a shower cap or towel on your head to keep the oil on your hair overnight. In the morning, comb out the tiny parasites using a special lice comb and then wash your hair with some herbal shampoo containing tea tree oil.
- Another option is to mix one-half cup of olive oil with one-half cup of conditioner and add some liquid soap to it. Apply this solution onto your hair and leave it on for an hour. Then, rinse out your hair and apply conditioner. Comb your hair thoroughly with your lice comb to remove the dead lice. Repeat this remedy again after a week to get best results

4. Petroleum Jelly

Petroleum jelly can have a stifling effect on roaming lice.

1. Apply a thick layer of petroleum jelly to the scalp before going to bed.
2. Cover your head tightly with a shower cap or towel. Leave it on overnight.
3. In the morning, use baby oil to remove the petroleum jelly.
4. Comb your hair with your lice comb to remove the lice.

Repeat this several nights in a row.

5. White Vinegar

Another safe and inexpensive method for eliminating head lice is white vinegar. White vinegar possesses acetic acid, which can destroy lice.

1. Dilute white vinegar with an equal amount of water.
2. Saturate the hair and scalp with the solution and then wrap a towel around the hair for about an hour or two.
3. Next dip a lice comb in white vinegar and comb your hair, focusing on one small section of hair at a time.

You can also rinse your hair with white vinegar before and after shampooing.

6. Mayonnaise

Mayonnaise contains a lot of oil, which has viscosity properties that will suffocate live head lice.

1. Apply full-fat mayonnaise liberally over your scalp.
2. Cover your hair with a shower cap or towel and leave it on for about eight hours or overnight.
3. Shampoo and then comb any remaining lice out of your hair, using your special lice comb

Repeat this daily for one week.

You need to be patient and diligent using these remedies to get rid of the problem of head lice completely.

7. Garlic

The strong fragrance of garlic can suffocate lice, ultimately killing them.

- Grind eight to 10 garlic cloves into a paste and mix in two to three teaspoons of lime juice. Apply the mixture thoroughly onto the scalp. Leave it on for a half an hour and then rinse the hair thoroughly with hot water.
- Alternatively, you can make a thick paste by combining fresh garlic juice with some cooking oil, lemon extract, green tea and some shampoo and conditioner. Coat the hair thoroughly with the

paste and cover your scalp with a towel or shower cap for about a half an hour. Then wash your hair with your regular shampoo. Repeat this remedy on a weekly basis for one to two months.

8. Baby Oil

For another easy natural treatment for head lice, you will need baby oil, laundry detergent and some white vinegar. It is believed that baby oil, too, helps suffocate the head lice.

1. Apply some baby oil on your hair and then comb your hair slowly so that lice start falling from your head.
2. Then wash your hair with laundry detergent and hot water.
3. Before bed, put some white vinegar on your hair and cover your head with a shower cap or towel. Leave it on overnight.
4. In the morning, wash your hair with regular shampoo and then apply some conditioner.

Repeat this process for at least three to four days to get positive results.

9. Sesame Seed Oil

High in antibacterial, antifungal and natural insecticide properties, sesame seed oil can also be used to solve the problem of head lice.

1. Mix together one-fourth cup of sesame seed oil, one-eighth cup of neem oil, one teaspoon of tea tree oil, one-half teaspoon of eucalyptus and rosemary essential oils, and about 10 drops of lavender essential oil.
2. Rinse your hair with apple cider vinegar and allow it to dry.
3. Apply the oil solution to the hair and scalp, cover with a shower cap or towel and leave it on overnight.
4. In the morning, comb your hair thoroughly to remove the dead lice. Then shampoo normally.

Repeat this treatment daily for one or two weeks

10. Salt

Salt can also be used to eradicate head lice through desiccation.

1. Mix one-quarter cup of salt and one-quarter cup of vinegar thoroughly.
2. Gently spray the solution onto your hair so that it becomes slightly wet. Put on a shower cap and leave it for about two hours.
3. Then wash and condition your hair.

Repeat this every three days to get positive results.

PREVENTING THE SPREAD OF HEAD LICE

From their head to their bed, here are some helpful tips.

A Difficult Task

Kids at school and in childcare settings are going to play, and their play may lead to the spread of head lice. However, you can take steps to prevent the spread of lice among children and adults.

Read through this article to learn some prevention techniques.

Teach and Practice Good Habits

To reduce the chance of you or your child contracting a case of head lice, start by not sharing items that touch the head. Though it may be tempting to share personal belongings (especially for kids), doing so can lead to the spread of head lice. Avoid sharing:

- combs and brushes
- hair clips and accessories
- hats and bike helmets
- scarves and coats
- towels
- headsets and earbuds

Don't Go Head-to-Head

When kids play, they may naturally place their heads close together. (Think about when they pal around with their arms around each other's shoulders.) But if your child's friend has head lice, your young one may come home with it.

Ask your child to avoid games and activities that lead to head-to-head contact with classmates and other friends. Adults—especially those who work with children—would be wise to follow the same principle.

Space It Out

Shared spaces as well as shared belongings can be breeding grounds for lice. Closets, lockers, drawers, and common clothes hooks can create an easy opportunity for lice to pass from one person's things to another's.

Ask your child to keep their belongings—especially hats, coats, scarves, and other clothing—out of common areas. For safety's sake, adults should take similar precautions.

What to Do When You Know

It's not always easy to know who has head lice and who doesn't. According to the [Centers for Disease Control and Prevention](#) (CDC), sometimes it can take up to six weeks for those contaminated with lice to experience symptoms like itching.

Other times, a parent will notice that their child has head lice before it's an epidemic. When you have this information, be sure that you and your child avoid touching the furniture, beds, clothing, and towels of someone with lice.

Early Actions

Schools may at times report a head lice infestation so that parents can take preventive measures with their families. If this happens, take these actions as soon as possible:

- Look in your child's hair for small white nits, the eggs of lice.
- Inspect your child's clothes—particularly hats, shirts, scarves, and coats—that have been worn during the past 48 hours, looking for lice and eggs.

Other Ideas

When your child's school reports a head lice infestation, you can also:

- Check household items that are more likely to get infested with lice and their eggs, such as towels, bedding, and rugs.
- Be sure your child knows the importance of not sharing any items that touch the head or ears.
- Explain to your child what lice is and that they should avoid touching heads with other children until the school has contained the problem.

Medicines May Not Prevent Lice

According to the [Mayo Clinic](#), more research is needed to prove the effectiveness and safety of over-the-counter (OTC) medicines that claim to prevent lice.

While a few studies have suggested certain ingredients in OTC products—including rosemary, lemongrass, tea tree, citronella, and eucalyptus—may repel lice, these products aren't regulated or approved by the Food and Drug Administration (FDA).

Take Precautions

When people—especially kids—come into close contact or share belongings, lice can easily pass from one person to another. This is true even if you teach children good hygiene and practice it yourself. But by taking some precautions, you may be able to prevent your child from getting or spreading lice.