

Coppell Independent School District
PREVENTING HEAD LICE

Dear Parents/Guardians:

We are sending this letter to all parents to increase head lice awareness so that you may take steps at home to help prevent your child from becoming infested with head lice. Anytime children come together, particularly at the start of the school year, or any social grouping, head lice cases commonly increase. Please encourage your child not to share or trade personal items such as hats, combs, brushes, headbands, clips, as well as, helmets or headphones with foam protectors.

Direct, physical, hair-to-hair contact is the usual method of transmission. Lice do not jump, fly, or swim. They are, however, good crawlers. Check your child's head weekly for lice and/or nits (eggs). Mature lice, which are the size of a sesame seed, avoid light and are hard to see. Lice eggs or "nits" are usually found close to the scalp-usually within ¼-inch. The nits are yellowish-white, tear-drop shaped, and are firmly attached at an angle to the hair shaft close to the scalp behind the ears and on the back of the neck. They cannot easily be flicked away as dandruff can. Head lice do not transmit disease and are not a serious medical condition. They cannot survive on pets. If you find head lice on your child keep him or her home until properly treated. This should be no longer than 24 hours. Continue to examine all family members for 3 weeks and treat if live lice or nits close to the scalp are found.

CHECK REGULARLY – TREAT QUICKLY
Keep Head Lice Off Your Child

Details on our new CISD Head Lice Protocol & Guidelines and other information on head lice, including detecting and treating, can be found on the Coppell Independent School District website at www.coppellisd.com, click "**Departments**" and then click "**Health Services**". Thank you for your help and support in this important matter.

Sincerely,

Cindy Beasley, RN BSN
Coppell Middle School East Nurse