

Date: \_\_\_\_\_

Dear Parent or Guardian:

This letter is to inform you that one or more head lice cases have been found at your child's school. We thank you in advance for taking the time to take some simple steps to help us control the spread of head lice.

Each year, 8 to 12 million cases of head lice are discovered in the U.S. Having head lice is very common, especially among kids ages three to 12 years of age. The presence of head lice does not indicate a lack of hygiene. You or your child can have good personal hygiene and still get lice. Although they are an annoyance for parents, they are not dangerous and do not spread diseases.

Because head lice are very contagious, here are a few steps we recommend you take to prevent your child from getting lice or to treat lice if you suspect that your child has been exposed.

#### IN PREVENTION, PLEASE TAKE THE FOLLOWING STEPS

- Check your child's head for signs of lice and/or nits. Detecting head lice is easy:
  - A close examination of the hair and scalp will reveal white or grayish crawling forms, about the size of a sesame seed with six legs (lice) and yellowish white eggs (nits) attached to hair shafts close to the scalp.
  - The eggs are sometimes mistaken for dandruff or shampoo residue that will not wash off. However, unlike dandruff, which moves when touched, nits and lice will stick to hair.
- Examine all other family members as well, as while lice cannot "fly" or "jump", they remain contagious.
- Avoid head-to-head contact and any sharing of combs, brushes, towels, hats, scarves, barrettes or other personal items commonly worn on the head.
- Wash your hands and your child's hands and nails thoroughly, getting under the nails as some lice may be found there due to scratching.
- To help prevent infestation, you may also use over-the-counter Wild Child's Everyday Preventative Spray, which contains a natural head lice repellent.<sup>1</sup>

#### IF NITS AND/OR LICE ARE DETECTED, PLEASE TAKE THE FOLLOWING STEPS

- Notify the school so that we can help limit the spread of lice in the school
- Treat your child:
  - There are many treatment options; however, it is important to know that many head lice treatments contain toxic chemicals that can be harmful to your child.
  - Wild Child's Quit Nits Complete Lice Kit offers a safe yet highly effective alternative, using natural actives from the Australian bush which have proven to be more effective than most other head lice treatments in a in-vitro trial.<sup>1</sup>

If you have any questions about lice or how to eliminate them, please contact me or your healthcare professional for support and advice. You may also visit <http://www.quitnits.com> for more information about head lice, including where to purchase Quit Nits treatment products.

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School Nurse

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Contact Telephone Number for Nurse

<sup>1</sup> People with a history of allergy to essential oils should consult a physician prior to use