## Norwalk-Ontario-Wilton School District performs head checks on all elementary students during the first week of school in fall and upon returning to school after winter break. Students found with head lice are followed up with as needed. Individual concerns can be addressed upon request at any time.

**How to prevent head Lice?**

* Teach kids not to share brushes, hats or coats
* Do not try on other people’s hats, even at stores.
* Teach kids to hang coats separately and to place hats and scarves inside the coat sleeves
* Check the child’s hair if he/she is seen scratching often
* Getting rid of lice as soon as they are found to prevent spreading.

**How are lice detected?**

When you see frequent scratching of the scalp, it is a good idea to just check the kids head for any nits or live lice.

**How do lice spread?**

Lice are primarily spread from direct and prolonged **head to head** contact. Lice may also be transmitted through sharing bedding such as pillows and blankets. They **DO NOT** fly or jump. Sitting near someone with head lice **does not** **increase** the risk of getting the lice. Lice cannot survive away from the head for more than 24-48 hours. However, the nits or eggs can survive off the body for a week or more but have to be back on a head to survive. You cannot receive or transmit lice to pets. Transmissions in schools are rare**.** It is more common to get head lice from family, overnight guests and frequent playmates.

**How are they treated?**

Removal and killing of the lice is important. There are several shampoos and cream rinses that can be bought. Following the instructions is vital to kill the lice!

**How to treat the Environment?**

Checking everyone in the household is important. Wash linens, clothing, floors, hats, and car seats in hot water to kill the lice. Vacuum your floors daily for 14 days. Items that cannot be washed, place in tightly closed plastic bags for 14 days at room temperature or 24 hours in below freezing temperatures.

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**What are head lice?**

Head lice are tiny, wingless, tan insects that live and breed in human hair. They are about the size of a sesame seed. The eggs are called nits, and are yellowish white, teardrop shaped and are attached close to the scalp. They are commonly located behind the ears and on the back of the neck. Nits are difficult to remove and cannot be brushed away. They cannot crawl long distance either. Lice are a nuisance; they are not a significant health hazard.

Head Lice Information

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