

**Sent March 22<sup>nd</sup>, 2023 08:22 PM AKDT**

Dear ERE Families,

We are currently seeing an increase in lice cases in the last few weeks. They have spread quickly and I am working with all current students and their families that are positive for lice (that I know about). If you have not informed me of your child's lice case, please consider it as I can help with discrete checking and removal of eggs at school. Teaching and following procedures leads to stopping the spread. Also, if there are 4 cases in the class, I can then check everyone and find those who don't know they have it.

A good practice is to check your children's hair before and after playdates, not allowing fort-building, playing under covers/blankets, or sharing clothing. Providing each child's their own area for sleeping and their own clean bedding will help prevent catching or spreading lice. Being open and honest with other parents if your child has had lice recently will help them to be diligent to follow through with checking and treating if needed as well.

If your child has lice, don't give up! Please recheck hair frequently for 2-3 weeks after you think it's all gone. Lice and nit eggs do NOT go away on their own. If there have been eggs found, a lice bug had to lay them. The eggs will continue to hatch creating more lice bugs and they will lay more eggs until it is treated, and all the eggs are removed. You must treat again in 7-10 days to kill any baby lice bugs that just hatched and whose eggs were missed. Recheck hair even when you're confident they are gone. It only takes a couple tiny eggs to get repopulated. Catch them early!

An effective treatment is to use a lice treatment on hair and then comb through with nit comb in the shower before rinsing.

\*\*\*The nit comb is very effective with oils or water. You need to wipe the comb between passes through the hairs, so you don't transfer nits and eggs to another part of your hair.\*\*\*

Clean Lice Comb Frequently. Wipe eggs and nits from the teeth of the comb with a tissue or paper towel and then rinse the comb in the hot soapy water before moving to the next section. Clip the combed section of hair out of the way before moving on to the next 1-2 inch section.

Clean carpets if your child is rolling on the floor or rubbing head on surfaces because nits and eggs can survive a few hours when away from the scalp. Live lice can live 1-2 days. Don't forget to wash bed linen when live lice are found...no re-wearing favorite shirts and wash and dry on HIGH HEAT. Coats should be washed and dried as well on HIGH HEAT while there are live lice. Don't share helmets, hats, coats, or bath towels. You can purchase

permethrin spray for couches and carpets if you desire.

If your child does not have any lice or nits, nits dislike hair gel and hair spray, so these products are a deterrent. Also, the natural oils in your hair can be helpful to prevent lice, so don't over wash the hair. Clean hair is what lice like.

See below articles with other information.

Kind regards,

Jennifer Brusehaber RN ("Nurse Jen")

Immune system: eat well, lots of sleep. Water and vitamins.

<https://www.aad.org/public/diseases/a-z/head-lice-fails>

<https://www.healthline.com/health/why-cant-you-use-conditioner-after-lice-treatment>

Why Can't You Use Conditioner After Lice Shampoo?

Conditioners can make lice treatments less effective. Learn when you can use conditioner again and how to care for your hair in the meantime.

[www.healthline.com](http://www.healthline.com)

<https://www.forbes.com/health/family/best-lice-treatment-for-kids/>

The Best Lice Treatments Of 2023, According To Pediatricians

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[www.forbes.com](http://www.forbes.com)

How to get rid of head lice when treatment fails

Learn about what dermatologists recommend when non-prescription treatment for head lice fails.

[www.aad.org](http://www.aad.org)

<https://www.verywellfamily.com/best-lice-shampoos-4427929>

The 7 Best Lice Shampoos of 2023

The best lice shampoo gets rid of lice and nits for good—and is gentle on your child's head. We researched the top lice removal shampoos on the market.

[www.verywellfamily.com](http://www.verywellfamily.com)

<https://www.mayoclinic.org/diseases-conditions/head-lice/diagnosis-treatment/drc-20356186No>

Head lice - Diagnosis and treatment - Mayo Clinic

Find out how these tiny insects that feed on blood from the human scalp can spread from

person to person, along with treatment options.  
[www.mayoclinic.org](http://www.mayoclinic.org)