

Sandshore School

Memo from the School Nurse

Dear Parents,

It is that time of the year, HEAD LICE. Just the word probably has you itching and getting nervous. Fall and spring are very typical times of the year for this situation to creep into our lives (forgive the pun). To prevent a case in your home, talk to your children. Teach them not to share any items that go on your head, keep long hair tied back and check your child's head after bathing or during daily brushing. Look for loose hairs in coats, hats, costumes and helmets and remove them. Lice love to travel during sleepovers. It is a good idea to check your child's head for a week or so after any sleepover. Be careful with trying on those Halloween costumes.

Please be aware that I have updated my web page to include the latest information on head lice, our district policy, school procedures, pictures and what to do if it unfortunately visits your child or home. Take the time to review this valuable information and please check your child's hair every now and then, be on the lookout for signs and symptoms, and talk with your child on what to do to prevent head lice. Please feel to contact me anytime and I will be happy to answer any health related questions the best I can at extension 3485.

<http://www.mtoliveboe.org/ss/departments/healthOffice.php?Lice-Fact-Sheet-14> is my website or located it through the Sandshore School home page under departments.

Suzanne Herbst, RN, CSN

Sandshore School Nurse