Head Lice Prevention Tips:

**“Once a Week, Take a Peek”**

* Make checking for head lice part of a weekly routine.
  + During your child’s bath or shower, use conditioner. Brush hair first to remove tangles.
  + Carefully comb the hair when your child has a wet head. It is easier to spot lice with wet hair. If using a lice comb, you can also check the comb for lice or eggs.
  + Examine the scalp for eggs or nits near the hair shaft. Nits are firmly attached and do not shake off as other debris does.
  + Once you establish this routine, it will be easier to detect lice should it occur. Lice treated earlier are easier to treat.
* If your child has long hair, keep secured back in ponytails, braids, or a bun.
* Teach your child not to share hair accessories, hats, hoodies, etc. with others.
* If you find lice, DO NOT PANIC! Your child will handle it better with a calm parent.
* Head lice is not a sign of being dirty or sick, lice prefer clean hair.
* You can get rid of lice with proper treatment.
* Lice do not carry disease or spread disease.
* All lice cases discussed with the school nurse or classroom teacher is confidential information.
* Sheboygan Falls School District does not exclude children from school because of lice or nits.