

**South Seneca Central School
Elementary Health Office
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Spring time has a tendency for us to see an increase in head lice. Our children are busy, outside riding bikes, playing baseball, camping, and having sleepovers. These are all activities that can help promote the transmission of head lice. Below please find some head lice facts and some reminders.

Facts:

- **Head lice CANNOT JUMP or FLY**
- **Head lice can only be transmitted by direct contact.**
 - **For example sharing hats, brushes, or having head to head contact.**
- **Nits are NOT contagious.**
- **Lice cannot live off the human head for more than 1 day; they do not nest in furniture and carpets.**
- **After exposure it usually takes 10-14 days before you see enough nits to be able to diagnose head lice. This makes it very difficult to say exactly where it was picked up.**

Do's and Don'ts:

- **Don't panic! Although they are a nuisance, lice do not carry diseases or infection. Also they are not an indication of cleanliness.**
- **Do check your child frequently for head lice. Nits are tiny grayish brown teardrop shaped eggs. Viable eggs are found with-in 1/4" from the scalp and do not move easily. Live lice are small brownish insects usually found close to the scalp.**
- **Do contact the health office for assistance if you are unsure of what you're looking at or what to do.**
- **Do remind your child not to share combs, helmets, etc. Remind them not to sleep with their head next to someone else.**
- **If they play baseball, make sure they ALWAYS WEAR A BASEBALL CAP UNDER THE BATTING HELMET.**
- **Do keep hair clean and long hair is best kept braided or in a pony tail.**
- **Do call the health office if you have any questions or concerns.**

We have also seen a significant number of students coming in with sunburns. Please make sure that your child wears sunscreen when they are outside. Sunscreen needs to be reapplied every couple of hours to maintain its effectiveness, especially if you are in or around water. Wearing a light weight shirt will also help protect from sunburn.

Please help us help keep your child safe and healthy.

Karen Williams Elementary Nurse