On the Lookout for Lice!

It’s the season for lice and it is essential that all families do their part to look for lice and help eradicate the problem! If you child has lice, please tell the office. Children can return to school once the lice and eggs are removed.

How to Check for Lice:

- Sit in a well lit area—near a sunny window or a lamp
- Divide the hair into sections and look carefully one section at a time.
- Look carefully behind ears, nape of neck and hairline

What To Look For...What will I find?

- Adult lice are tiny bugs about the size and shape of a sesame seed. They don’t jump or fly, but crawl.
- You may only find eggs or nits. Eggs are very tiny and affixed to the hair shaft.
- Eggs, unlike dandruff, can’t be brushed off or blown off. They are wrapped around the hair shaft
- Eggs are tiny and tear drop shaped.
- Eggs can’t be picked off, but slid down the shaft of the hair until they come off the bottom.
- Eggs can be white or brown (depending on the age of the egg).

Send Those Lice Packing!

If your child has lice, please visit the pharmacist for advice on removal. There are several brands of lice removal shampoos and special combs for removing the lice. Please follow the instructions carefully and take your time picking out the eggs.

Remember that it is your duty to report head lice to the school in order to help prevent it spreading!

For more information:

- Contact York Region Public Health (see on back of page)
- http://www.aboutkidshealth.ca/En/JustForKids/Life/OnePagers/Pages/OnePagerHeadLice.aspx
- Nyda.ca

Lice Removal Services:

- Licesquad
  www.licesquad.com
  1-888-542-3778
  705-458-4448
- Nurse Shelley
  (416) 763-9056
- The Lice People
  www.thelicepeople.com
  905-760-9292
- Nit Works
  www.nitworks.ca