



Developmental Research School  
at the University of Florida

Dear P. K. Yonge Parents

If a student in your child's class is found to have head lice, all students in the class will be checked at school. Please take time to check your child's head again.

The first sign of lice is usually itching, followed by redness and sometimes skin irritation near the back of the neck and behind the ears. If the head is infested you will be able to find tiny yellow, tan, or brown dots, -these are known as nits (eggs). Lice lay nits on hair shafts close to the scalp, where the temperature is perfect for keeping warm until they hatch. Nits look sort of like dandruff, only they can't be removed by brushing or shaking them off.

If you discover nits in your child's hair, your child will need to be treated. Call your family doctor or check with your pharmacist for advice. A treatment that kills eggs as well as lice is necessary. Please follow the product instructions carefully. Not all products require complete nit removal, but because this problem often occurs more than once, we must insist on the child being nit-free before returning to school. Each child must be checked by the school nurse before he/she will be allowed to return to class.

In addition to the treatment used, there are several things you need to do at home:

- Wash all bed linens and clothing that's been recently used or worn by anyone in your home who has head lice. Use very hot water (130° F [54.4° C]), then use the hot cycle of the dryer for at least 20 minutes.
- Have bed linens, clothing, and stuffed animals and plush toys that can't be washed dry-cleaned (or put them in airtight bags for 2 weeks).
- Vacuum carpets and any upholstered furniture (in your home and car).
- Soak hair-care items like combs, barrettes, hair ties or bands, headbands, and brushes in rubbing alcohol or medicated shampoo for 1 hour. You can also wash them in hot water or just throw them away.

Because lice are easily passed from person to person in the same house, bedmates and infested family members will also need treatment to prevent the lice from coming back. Your cooperation in overcoming this problem is appreciated. If you have further questions, please call our clinic at 352-294-7293.

Thank you.