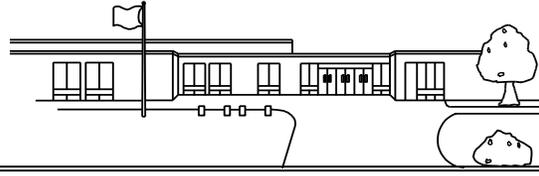


**Portland Public Schools
Riverton School
And Community Center**



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October 1, 2015

Dear Parents,

There has been a reported case of lice in or near your child's classroom. If you have had to deal with lice before, you know they are a nuisance, and can be persistent. To minimize the spread of lice, I'd like to suggest a few things:

Please check your child's hair frequently for lice. It is difficult to detect, but the earlier it is found, the easier it is to treat. I recommend checking at least once a week, even if your child has no symptoms.

To reduce your child's risk of getting lice, please remind him/her to keep his own "personal space". Lice do not jump or fly, they can only crawl. Head to head transmission is the number one way lice are passed from one person to another.

Once off the head, lice die within 24-48 hours, but the stray louse can find its way to new scalp. Remind your child not to share hats, scarves, combs, or barrettes. Keep long hair pulled up.

Lice is not a sign of poor hygiene, anyone with hair can get it. Lice do not carry disease or cause illness.

If you find lice, there are many treatment options; **all include manual, daily combing with a lice comb for 4-6 weeks to break the life cycle.** It is not unusual to think you are rid of lice, only to find one 2-3 weeks later. The second side of this paper has some treatment ideas for lice.

If you have questions about how to deal with lice, feel free to call me. Your pediatrician's office may have some good advice, too.

Thank You,

Nancy diPretoro, RN
Riverton School Nurse



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