

TIPS FOR DEALING WITH HEAD LICE

Head lice infestations sometimes occur in both the community and in the school. Thank you for contacting the school if head lice is discovered in the home. We request that student(s) remain at home until treatment has occurred and all nits have been removed. – this is often the tricky part!

When a case of head lice is detected, a note is sent home with students in the class advising parents that a case of head lice has occurred. Please check your child's head if such a note goes home. Head checks may also be done at the school as necessary to support the checks being done at home. However, the primary responsibility for the control of head lice is that of parents.

The Hospital for Sick Children in Toronto has come up with a super treatment for head lice. They recommend a 50:50 solution of mineral oil and vinegar. Massage it into the hair, cover for one hour with a shower cap and then shampoo out with regular shampoo. This treatment can be repeated as often as needed. It is non-toxic! The vinegar detaches the nits from the hair shaft while the oil suffocates any live lice and makes for easy and smooth combing out of any detached nits and dead lice. They claim 100 percent success using this process. It has been a lifesaver for parents who are beside themselves after unsuccessfully using repeated courses of potentially toxic therapeutic shampoos.

As a preventative measure, "Tea Tree Oil" is said to work by adding a few drops while shampooing your child's hair. This oil can be purchased at most Health Food Stores.