

Bowie Independent School District  
Bowie TX

Your child, \_\_\_\_\_, was checked today  
\_\_\_\_\_ for head lice.

(DATE)

Nits (eggs) were found

Head lice and nits (eggs) were found

If your child has nits or lice, it is recommended that you treat your child and continue to check for the eggs or lice every day.

There are two treatment options:

1. Mechanical removal
2. Chemical and mechanical removal.

Mechanical removal is combing the hair with a fine long toothed metal lice comb after conditioner has been applied to the hair. Conditioner does not kill lice but stuns them for about 20 minutes enabling easier removal. A long toothed metal comb will reach all nits and pull them off the hair. This method should be done every day until none remain. With this method it's easy to teach children to treat themselves. It is best done when they stand under the shower or bath and comb through the conditioner, rinsing off the comb after each stroke. This method also helps manage head lice before they become established on the head. Simply keep a good head lice comb in the shower and every time your family washes their hair run the comb through the hair. This will ensure lice are "caught" before they lay too many eggs. If your children are old enough to wash their own hair, encourage them to use the comb themselves or keep a comb handy where you wash your children's hair and use it every shampoo.

- If you choose to use a chemical treatment, remember to follow the instructions carefully. Don't be tempted to re-apply or over-apply the chemical if it doesn't appear to be working. Switch to another treatment that uses a different chemical compound. You must repeat the treatment in seven days to kill any newly hatched eggs. You will need to comb to ensure the infestation is eradicated. If you don't look for nits and lice you won't know if the treatment was successful. If your child is free of lice and nits remember to regularly check with a fine-toothed comb.

Thank you for your understanding and cooperation. If you have any questions, please contact the campus nurse, or visit one of the many useful lice websites, particularly:

- [www.nitpickers.com.au](http://www.nitpickers.com.au)
- [www.hsph.harvard.edu/headlice.html](http://www.hsph.harvard.edu/headlice.html)
- [www.jcu.edu.au/school/PHTM/hlice/hlinfo1.htm](http://www.jcu.edu.au/school/PHTM/hlice/hlinfo1.htm)

**Please bring your child to school and check in with the nurse when you have completed treatment. Your child will be rechecked and if treatment does not appear satisfactory, they will not be readmitted to school. Additionally, please complete the following section and bring it with your child.**

\_\_\_\_\_  
Child's name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Name of Treatment/Shampoo Used