



Lice

Your child may have been exposed to this disease

If my child has this disease, when can he or she return to school or child care?

A child with live lice **may NOT return** to school or child care **until the day after they received treatment and it is confirmed that no live lice are present.** Students may return to school with nits. The student must be inspected every 5 days for the presence of live lice

If your child has symptoms, please contact your child's healthcare provider.

Head Lice:

- The head louse, or *Pediculus humanus capitis*, is a parasitic insect that can be found on the head, eyebrows, and eyelashes of people.
- Head lice feed on human blood several times a day and live close to the human scalp.
- Head lice are not known to spread disease

How does lice spread?

- Head lice move by crawling; they cannot hop or fly.
- Head lice are spread by direct contact with the hair of an infested person.
- Anyone who comes in head-to-head contact with someone who already has head lice is at greatest risk.

Treatment:

- Please refer to the CDC website for treatment options. It is important to treat both the person and the environment. Visit: <https://www.cdc.gov/parasites/lice/head/treatment.html>

- Spread by contact with clothing (such as hats, scarves, coats) or other personal items (such as combs, brushes, or towels) used by an infested person is uncommon.
- Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice

Signs and Symptoms?

- Tickling feeling of something moving in the hair.
- Itching, caused by an allergic reaction to the bites of the head louse.
- Irritability and difficulty sleeping; head lice are most active in the dark.
- Sores on the head caused by scratching. These sores can sometimes become infected with bacteria found on the person's skin

For more information contact: your health care provider, your School Nurse 619-258-2231,
the San Diego County Health Department at (858) 694-3900