

What Parents Need to Know about Head Lice

Outbreaks of head lice are common in the United States among children between the ages of 3–12 years old. While outbreaks can be disturbing, lice are not a health hazard and are not responsible for the spread of any disease. Historically students have missed many, many hours, even days, of school while attempting to eradicate head lice and nits (eggs). Current recommendations are that **no healthy child should be allowed to miss school because of nits/eggs.**

Parents, of course, will want to know all they can about head lice and be vigilant for signs of head lice in their children. Here is a reliable source of information to help parents identify, treat and help prevent head lice. <http://www.doh.wa.gov/Publicat/PaperPubs/lice.htm>

Dealing with head lice is a difficult and frustrating experience for everyone. Remember, although head lice are unpleasant they are not dangerous. The most important thing is to reassure your children (and yourself) that they are loved and are NOT the cause of this common problem.