

An Important Note

For Parents & Caretakers

About Lice

We would like your help in keeping The Mosaic Project's Outdoor Project a lice-free environment! Please check your child for head lice every day the week before they go to Mosaic. If lice are found, please follow the directions below. You may NOT send your child to Mosaic with live lice or nits. Thank you!

Things to know:

- Head lice have nothing to do with the cleanliness of a house, personal hygiene, or parenting skills. Anyone can get lice.
- Lice are spread by head-to-head contact, although sharing hats, combs, and other hair accessories may also spread head lice.
- Head lice are wingless and cannot jump or fly, but crawl quickly.
- Head lice only live, feed and breed on the human head. They do not live on animals or birds and cannot survive for more than 48 hours off the human head.
- Live lice are about the size of a sesame seed, usually brown, and move quickly away from light. They are very difficult to see.
- Nits are tiny, yellowish-white oval eggs firmly attached at an angle to the hair shaft. You are more likely to find nits in your child's hair than live lice. You will usually find them close to the scalp.
- Be sure not to confuse nits with hair debris such as DEC plugs (bright white irregularly shaped clumps of dandruff stuck to hair shaft), or hair casts (elongated segments of dandruff encircling hair shaft).

How to check for head lice:

- Begin by separating the hair into small sections.
- Using a natural light or high intensity lamp and magnifying glass if needed, examine the hair behind the ears, back of the neck and scalp for crawling lice or nits.
- If no lice or nits are found in these areas, continue to inspect the rest of the head. If head lice are found on your child:
- Check all others in the household for signs of head lice or nits. There is a 90% chance that other household members will also have lice.
- Choose an effective head lice treatment. Head lice may be treated with shampoos specifically labeled for head lice. Read and follow the directions carefully.
- Remove nits from the head by combing with a fine-toothed comb. This is the most important lice control measure. Complete nit removal is time-consuming but is critical for successful treatment.
- Wash bedding and recently worn clothing in hot water (above 130°F) and dry in high heat for 30 minutes. Combs and brushes should be soaked in hot water (not boiling) for 10 minutes.
- Avoid lice sprays! Vacuuming is the safest and best way to remove lice or fallen hairs with attached nits from furniture, rugs, stuffed animals, and car seats.
- Put pillows, stuffed animals, etc. in tightly sealed plastic bags for two weeks.

- Perform daily head checks, remove nits and vacuum and wash frequently for six weeks until head lice are gone. Continue to check your child weekly to detect re-infestation.
- Notify your child's school, camp, child-care provider, play partners, and neighborhood parents and check for lice on a regular basis.
- If you have difficulties treating head lice on your child, please contact the school, local health department, or your child's physician. For more information, please visit www.cdc.gov/lice/head.

The best way to prevent head lice transmission:

- Keep your child's hair pulled and tied back.
- Teach children not to share combs, brushes, hair ties, hats, scarves, headsets, helmets, etc.
- Do not try on other people's hats (even in department stores).
- Teach children to hang coats separately - placing hats and scarves inside coat/jacket sleeves.
- Conduct regular lice checks of your child.