



## Letter for starting school

**TO PARENT(S)**

### **IT'S BACK-TO-SCHOOL TIME FOR LICE, TOO!**

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Every year, thousands of children across Quebec start scratching vigorously the back of their head and behind their ears. And that's just the tip of the iceberg! It's a sign that head lice are back. We have to be ready to find them so we can control their spread and transmission.

#### **Pamphlet**

You will find attached a pamphlet containing practical tips and information on head lice, including treatment procedures. **Keep it handy throughout the year (we suggest putting it on the refrigerator or with your child's vaccination record).**

#### **Checking for head lice**

Get a nit comb (a comb, which is designed to remove head lice and available at a very low cost in the pharmacies) and get in the habit of checking your child for lice every week. This will help you recognize and begin treating an infestation **early** and limit the spread in your home and at school.

During the school year, your child may be checked for lice by the school nurse or another person hired by the school. You will be informed ahead of time. This will help us control a lice outbreak if one occurs.

#### **Future letters**

During the school year, you may receive one or more letters informing you that your child or another student has head lice. Please follow the recommendations provided in these letters, which will be adapted to the situation.

The cooperation of parents is crucial in preventing and controlling head lice.

Thank you for your attention to this message.

Cliquez ici pour entrer du texte.

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School Administration

Cliquez ici pour entrer du texte.

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Date

N. B. For further information, you can contact Info-Santé.

Encl. Pamphlet *Lice... Lice... Lice... All there is to know about head lice*

Recto

## Self-test – Myth or reality?



The best way to get rid of lice is to know the truth about them, how they live and how to treat for them. Some people think they know about lice, but their ideas may be quite wrong. Check your knowledge by writing **TRUE** or **FALSE** in the column beside each statement.

1.	Lice only live on the head of people who are not clean or poor people.	
2.	Lice cannot jump from head to head. In fact, they can't jump at all.	
3.	Washing your hair everyday prevents you from getting lice.	
4.	If someone has lice they can buy a special medicated treatment without a doctor's prescription but must follow the healthcare professional's recommendations.	
5.	All lice treatment products have same efficacy.	
6.	Lice prefer long hair to very short hair.	
7.	Lice can make people sick.	
8.	Lice cannot fly; they can only run.	
9.	Preventive products and home remedies for lice like pouring vinegar on the head are not effective.	
10.	You can control an infestation by lice if you know the truth about lice, how they live and how to treat them.	

Answers: 1.F 2.T 3.F 4.T 5.F 6.F 7.F 8.T 9.T