

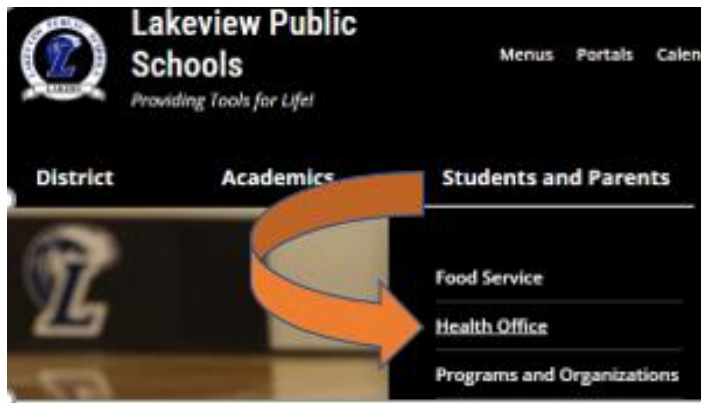
Health Message about Head Lice. Date: 3/24/2026

The following information is being sent out to provide some general information on Headlice and to dispel rumors in our school community.

- Headlice is a normal occurrence in schools, daycares, church, airplanes, hotels, or anywhere else that people commune in close proximity to each other. Children tend to get it more often simply because they play with each other, roll around on carpets, have layers of clothing, stuffed animals, blankets etc. where lice can hide and be picked up by someone else.
  - Head lice is mainly spread by direct contact with the hair of a person infested with lice.
    - Head lice move by crawling; they cannot hop or fly but they can fall off the hair follicle on to the floor or clothing.
  - Of Note: Head lice cannot survive off the human body for more than two days. They also do not reproduce off the body.
- The rates here at Lakeview Schools are no different than what occurs in other schools/communities. Additionally, the number of cases this year are similar to previous years.
- When a case of lice has been identified, Lakeview Schools follow the recommendations of the MN Department of Health, The Centers of Disease Control, and the Infectious Disease Specialists from Hennepin County.
  - If the case was discovered in school, the parents/guardians are notified that the child needs treatment for Headlice. Information on Headlice is also provided to the family for reference.
    - According to above references, the student is not required to go home and can be treated after school and return the next day. However, for ease of mind, Lakeview does request that the student be picked up and not return until after they have been treated. We also send any blankets, coats, hats, etc. home with the student to be washed.
    - Teachers and janitors are reminded to wash any soft items/toys in the room and to ensure the carpets are vacuumed. Lice die fairly quickly on hard surfaces but can last up to 48 hours in soft materials.
  - If a parent notifies us that a student has lice, the same procedures apply. The teacher is notified and the janitors are reminded to vacuum thoroughly.
  - \*\*\*Remember Head lice cannot survive off the human body for more than two days, even if nothing is done.
- Since cases of headlice at school occur year-round and are sporadic, the school does not send out an announcement to a specific classroom or grade when a case is reported. This often leads to embarrassment and ridicule of the student and siblings. In addition, unnecessary panic and misdiagnosis of nits, which is very common, cause students to get unnecessary treatments. The medication used to treat headlice, often causes more irritation than the lice.
  - Mass head checks at school are also not effective. In fact, from the time the person came in contact with headlice, to the time they start to itch, may take 4-6 weeks. The louse, which is smaller than a sesame seed, is very small, moves quickly, and avoids

light. The eggs (nits) are even smaller. There may not be anything truly visible for days or even weeks, until the numbers of lice and nits are significant enough to become noticeable or cause irritation.

- Occasionally, if we have parents or teachers that are expressing concerns, the Health Office will send out a message such as this to the entire school. This message is for informational purposes and not an indication of infestation. The attachments provide information on lice, how to look for it, and how to treat it. The links for this information are also provided.
  - If you are concerned about head lice, I recommend you check your student's hair regularly. If you don't see lice or knits but are still concerned, see your provider before you treat. Dandruff, lint, eczema, and hair products can all leave white flakes in the hair. As a note: Knits are stuck to the hair follicles and are hard to remove. If the flakes brush off or wash off easily, it is not lice.
  - Wash your students' coats, hats, sweatshirts, snow gear, blankets, stuffed animals etc. at least weekly.
  - Talk to your student about personal space and not sharing items such as hats and brushes.
  - Talk to your teachers about frequent washing or removing soft items from the classrooms. (Carpets, dress up clothes, stuffed animals, blankets, and cushions)
- As a reminder, if you have questions about health topics at school, please go the Health Office Link on the Lakeview Website. Topics are added and updated regularly. You may also contact the Health Office at [healthoffice@lakeview2167.com](mailto:healthoffice@lakeview2167.com).



<https://www.health.state.mn.us/diseases/headlice/headlice.html>

<https://www.cdc.gov/lice/about/head-lice.html>

<https://www.hennepincounty.gov/services/assistance/health-care/infectious-diseases-childcare-settings-schools>