

Dear Parent or Guardian:

We are writing to let you know that a student (camper) in your child's class (bunk) has head lice. Please don't be alarmed, lice are a common occurrence in school age children. We have an effective plan to help ensure you are lice-free.

First, you need to check your child(ren) for lice and their tiny eggs called "nits" by doing a combing head check. You will need good light and a metal nit comb. Follow the step-by-step instructions in the ["How To Do A Head Check" fact sheet](#).

We encourage you to visit [www.centerforlicecontrol.com](http://www.centerforlicecontrol.com) to watch 3 short videos that will give you all the info you need to tackle any potential lice problem. And please keep in mind the following Lice Facts and Prevention Tips.

### **Lice Facts**

- Lice are NOT a sign of poor hygiene. Anyone with hair can get lice regardless of race, economic background, or level of cleanliness.
- Most lice cases are contracted by head to head contact. Some are contracted by sharing personal items that touch the head (hair brushes, hats, helmets, or hair accessories)

### **Lice Prevention Tips**

- Do a weekly head check. "Stop the spread, protect all heads!"
- Use a product that deters lice daily like KaPOW!™ Lice Defense Spray
- Keep long hair in a bun or braid.
- Don't share hats, helmets, hair brushes, combs or hair accessories.

Sincerely,

(Your name)