

# Head lice- what you need to know...

Shampoo and continuous nit checks are the only proven methods of treatment. The treatment steps are as follows:

Parents are required to treat the head lice using pediculocides (shampoo: R & C, Nix, etc...). A second treatment is required 7-10 days after the first application. A new pesticide-free product called NYDA is now available at local drug stores.

- Your child's nits must be combed out and picked by hand.
- All furniture must be sprayed or vacuumed; clothing, toys, towels, bedding, and personal care items are to be washed in hot water and dried in a hot dryer.
- Bedmates of the child should be treated as well (i.e.: consider any recent sleepovers).
- Soak combs, brushes, and hair ornaments for 5-10 minutes in some lice shampoo or in very, very hot water for 1 hour.
- Wash sheets, blankets and other bedding in the hottest setting of water in the washing machine. Dry clean non-washable items or seal these items in a plastic bag for 1 week or tumble them in a very hot dryer.

Anyone can get head lice. This condition is found wherever large groups gather and can be picked up any place upon contact with a person who has lice. Having head lice does not mean that a child is not clean or has dirty hair. Head lice are spread from one person to another person by direct head to head contact. (Watch those selfies!) Children are also reminded not to share combs, brushes, hats, scarves, headbands or any other clothing. Nits that are found within ¼ inch (6.4 millimeters) of the scalp should be treated – even if you find only one – to prevent the possibility of hatching. Nits that are farther away from the scalp are probably from an old infestation.

Thank you for your assistance in helping us to prevent the spread of head lice. For further information about head lice, contact your local health unit at (780)645-3396.

For information on the Division's Administrative procedures regarding head lice go to the Division's website at: [www.sperd.ca](http://www.sperd.ca). Then, under the documents tab, choose "300 Students" and go down to AP 317.

**INFLUENZA:**  
Hospitalized **more than 1,600 Albertans** in six months

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**INFLUENZA CLINIC**  
St.Paul Community Health Services 5610-50 Ave

Monday, October 15, 2018	1:00 PM	7:00PM
Tuesday, October 16, 2018	1:00 PM	7:00PM
Wednesday, October 17	9:00 AM	3:30 PM
Saturday, October 27, 2018	9:00 AM	1:00 PM
Wednesday, November 14, 2018	1:00 PM	7:00PM
Thursday, November 15, 2018	1:00 PM	7:00PM
Tuesday, November 20, 2018	9:00 AM	1:00 PM
Tuesday, November 27, 2018	9:00 AM	1:00 PM
Tuesday, December 4, 2018	9:00 AM	1:00 PM
Tuesday, December 11, 2018	9:00 AM	1:00 PM
Tuesday, December 18, 2018	9:00 AM	1:00 PM

Influenza is serious. Prevention is your only protection.  
**Get Immunized.**

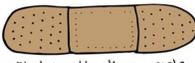
[ahs.ca/influenza](http://ahs.ca/influenza) | Call 811

Alberta Government | Alberta Health Services

I got my flu shot to help protect...



- ♥ my toddler
- ♥ my newborn nephew
- ♥ my pregnant friend and her twins!
- ♥ my grandmother
- ♥ my immunocompromised neighbor
- ♥ a lot of other people
- ♥ oh, yeah, and myself\*



\*but mostly other people