

## Message from the Health Office

Dear Parents and Guardians:

As you know the problem of parasites (head lice, bed bugs etc.) has reached epidemic levels in the United States. It is a fact that these outbreaks occur among school age children most often in September when school first opens and after vacations. This is due to children returning from camps, hotels, motels and other public places.

As a parent you are in a unique position to prevent an outbreak by routinely checking your child's hair. Parents should check their children under a bright light. Should you find any lice or nits (eggs) please let the School Nurse know so she can check the other students in that class.

Parents should also inspect exposed skin areas for unexplainable bites which often occur in clusters. Should this happen you should inspect your home especially the bedding for any signs of bed bugs.

Please be advised that neither of these parasites pose a health risk. Personal hygiene or cleanliness in the home or school setting will not prevent outbreaks of these parasites. This information will always be kept confidential. Our families and students must be reminded that no stigma is attached to outbreaks with these parasites.

If you have any questions or concerns regarding this issue please feel free to contact your School Nurse. The CDC website also has pictures and information on these parasites, [www.cdc.gov/parasites/lice](http://www.cdc.gov/parasites/lice) or [bedbugs](http://www.cdc.gov/parasites/bedbugs).

Sincerely,

Helen Tardif  
Principal

Mary delaMontaigne,R.N.  
School Nurse