

Head Lice in Schools: Guidelines for Parents and Guardians

Overview

The Department of Education and Early Childhood Development (EECD), in partnership with Regional Centres for Education (RCEs) and the Conseil scolaire acadien provincial (CSAP), has committed to following the recommendations of health care professionals and supporting school communities in the treatment and prevention of head lice.

The department's focus on the treatment and prevention of head lice is an effort to support student attendance and full participation at school. In accordance with these principles and healthcare standards, students with head lice should be treated at home and continue to attend school as usual. The confidentiality, privacy, dignity, and best interests of students and their families will be respected at all times.

"No-nit" or "no head lice" policies that keep children away from school are not effective. Head lice are common among students: they do not spread disease and cases of head lice are often misdiagnosed.

A school-wide notice will be sent home to all parents/guardians when school staff suspect a case of head lice.

What Are Head Lice?

Head lice are tiny parasitic insects that live on the head and are most often attached to clean hair. Their eggs, also called nits, stick to the hair shaft, very close to the scalp. Head lice are spread most easily through direct head-to-head contact or through personal items used on the head or in the hair (e.g., hats, combs, brushes, ponytail holders), or sometimes held near the hair (e.g., pencils or crayons). EECD recognizes that the discovery of head lice on your child(ren) can result your family feeling discomfort and embarrassment. Head lice are a common condition that can affect anyone.

Treatment and Prevention

The Nova Scotia Health Authority's Public Health division provides specific guidance on how to prevent, find, and treat head lice (see link below). Notify your child(ren)'s teacher(s) or principal(s) if your child(ren) has or have head lice and keep the school informed about head lice issues as they arise.

Assistance in Treating Head Lice

Parents/guardians who are experiencing difficulties in addressing head lice issues at home should notify their child(ren)'s teacher(s) or principal(s) of the situation. Principals may assist families in accessing the specific supports that they require, such as additional information and means of obtaining head lice treatments, while respecting the confidentiality, privacy, dignity, and best interests of students and their families.

For further information, see "How to Prevent, Find, and Treat Head Lice" (Nova Scotia Health Authority): <https://www.nshealth.ca/sites/default/files/documents/pamphlets/07135.pdf>.