

Eustis School Department

Stratton School

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Dear Stratton School Families:

We were recently informed of several cases of lice in the community. These cases were not found and diagnosed within the school, but we wanted to take the opportunity to share the protocols that we follow based on information from the Maine Department of Education, including our nurse liaison at the state level, and other information from the CDC and the American Academy of Pediatrics.

Standard Protocols in Schools

- **No Immediate Exclusion:** Students found with live lice or nits during the school day are allowed to remain in class and go home at the end of the regular day for treatment.
- **No "No-Nit" Policies:** Schools generally no longer require a student to be completely free of nits (eggs) before returning to class, as nits are not contagious and are often located far from the scalp.
- **Return to Class:** Students may return to school the next day as long as appropriate over-the-counter or prescription treatment has been initiated.
- **Privacy and Confidentiality:** School nurses or staff notify parents or guardians privately rather than sending general classroom-wide or school-wide alerts, which helps reduce social stigma.
- **No Mass Screenings:** Routine classroom or school-wide head checks are discouraged because data shows they do not effectively prevent the spread of lice.

Recommended Home & Treatment Steps

- **Prompt Treatment:** Apply an FDA-approved over-the-counter or prescription treatment explicitly following package directions.
- **Nit Removal:** Use a fine-toothed nit comb to remove dead or remaining nits.
- **Basic Cleaning:** Wash recently worn clothing, hats, and bed linens in hot water (at least 130°F–140°F) and dry on high heat. Deep chemical cleaning or environmental pesticide sprays are unnecessary.
- **Follow up:** It is suggested that follow up treatment and combing occur seven days after the first treatment.
- **Pediatrician visit:** It is suggested that you seek guidance from your pediatrician if you have had lice more than three times in a row. Some people require prescription medication.

Please feel free to reach out with any additional questions you may have.

Tabitha Emery (Principal) and the Stratton School Nurse Team



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