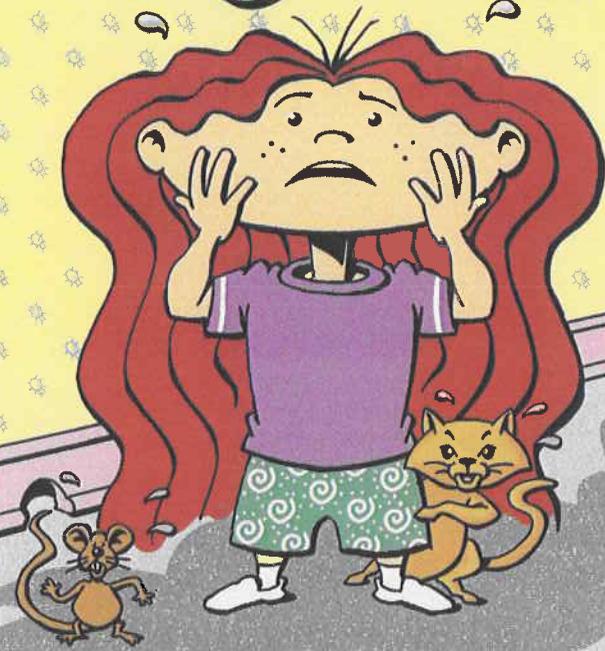


There's a Louse in My House

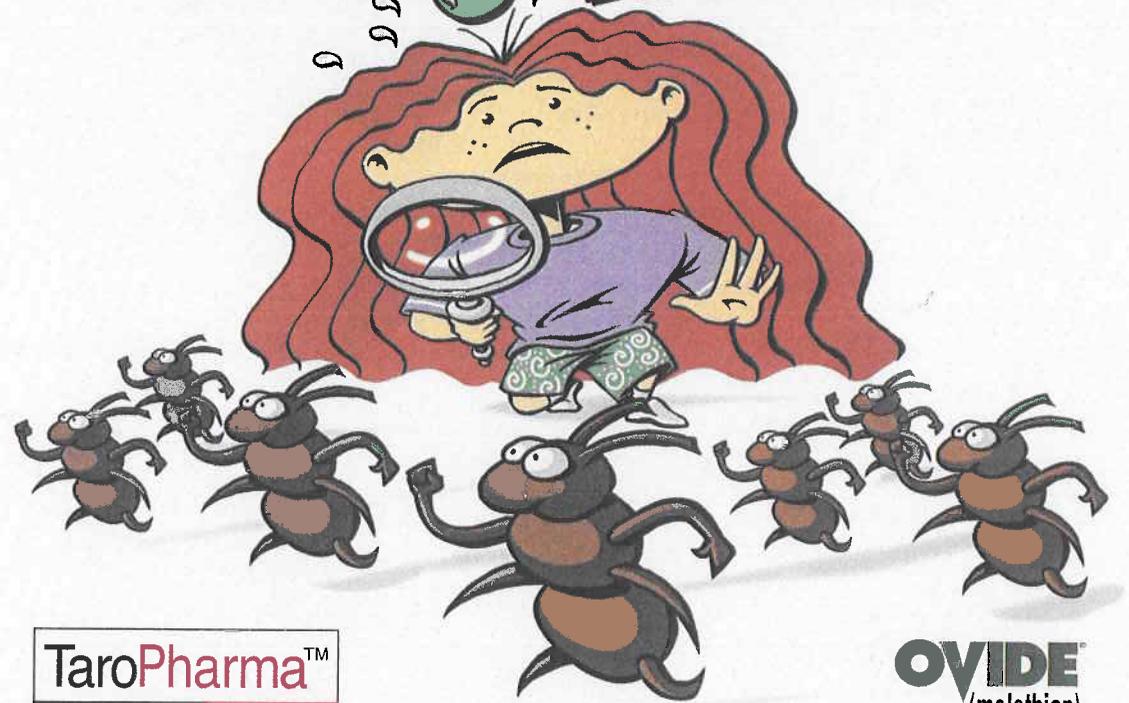


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There's a Louse in My House



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There's a Louse in My House

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Edited by Kim Gosselin

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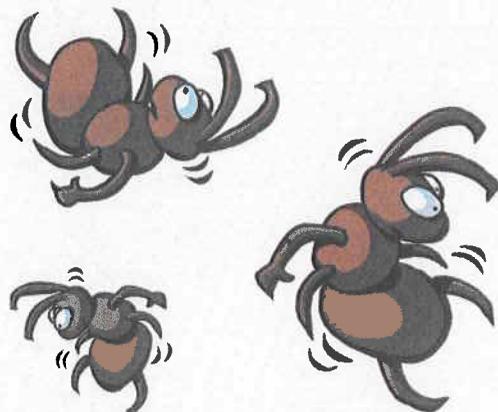
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About the Author

Cheri Hayes is a certified school nurse who grew up in Effingham, Illinois. She is a graduate of Burge School of Nursing in Springfield, Missouri and the University of Illinois in Chicago. She works primarily with preschool children and their families in East Moline, Illinois. She has assisted numerous children, parents, and teachers who have encountered head lice. *There's a Louse in My House* was written for children who host head lice, parents who dread head lice, teachers who scratch at the thought of them, and school nurses who discreetly and compassionately check for them.

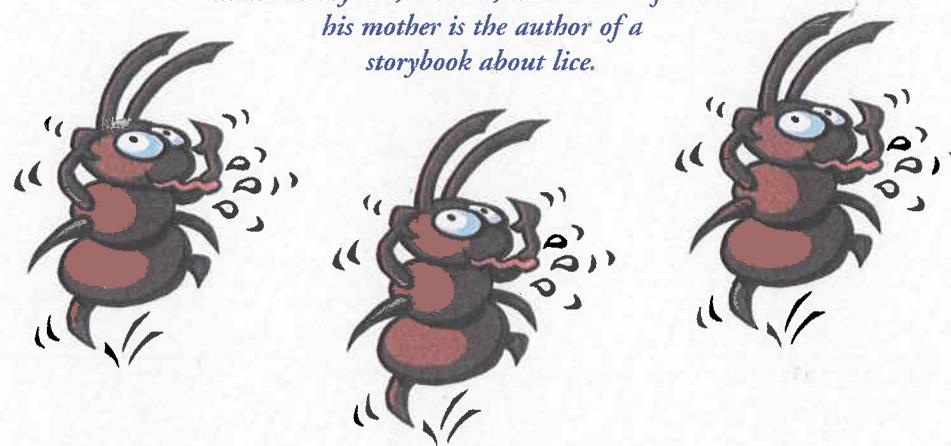
Dedicated to:

...my husband, Steve, who has lived through my own reaction to a louse in our house

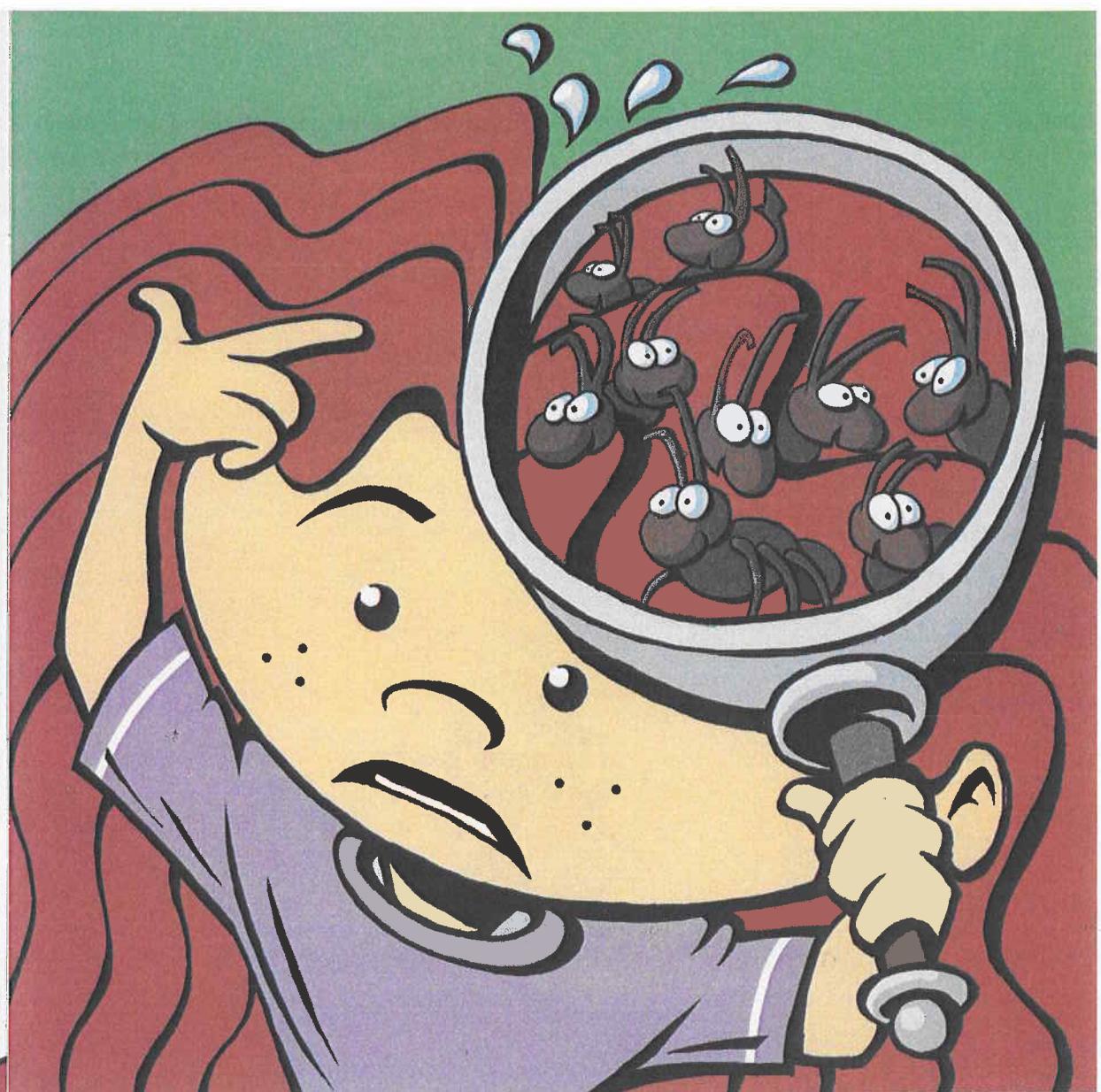
and loves me anyway

...my daughter, Emily, who is paranoid about possibly getting head lice

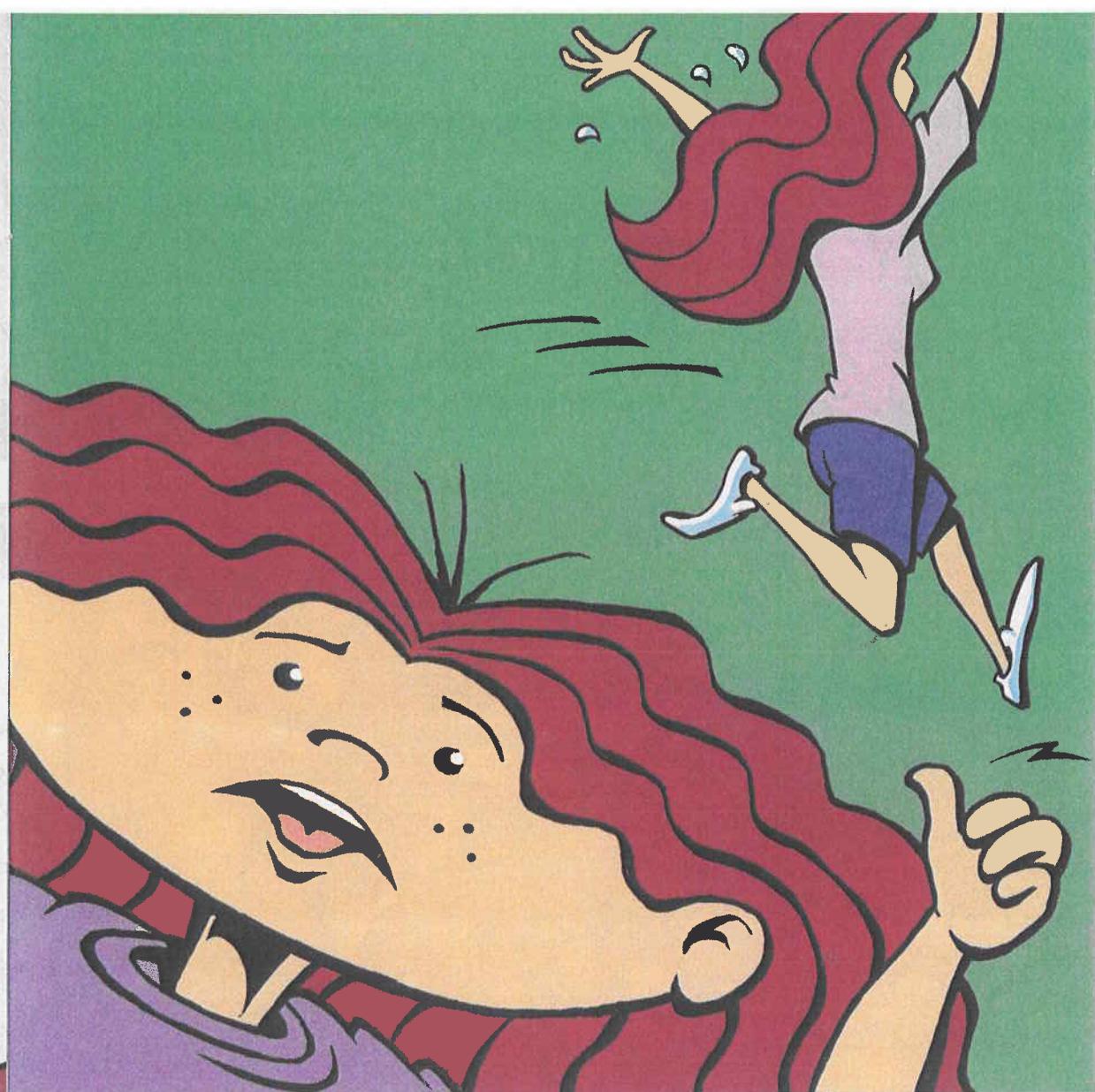
...and to my son, Marcus, who is mortified that his mother is the author of a storybook about lice.



There's a louse in my house!
And, you'll never guess where...
That louse in my house
Is right in my hair!!!



There's a louse in my house!
My mom's all upset...
That louse in my house
Is making her fret!



She washed and dried
All the sheets from my bed...
On the hottest machine setting
So the lice would be dead.



She vacuumed the carpets,
She vacuumed my bed.
I'm lucky she didn't try
To vacuum my head!



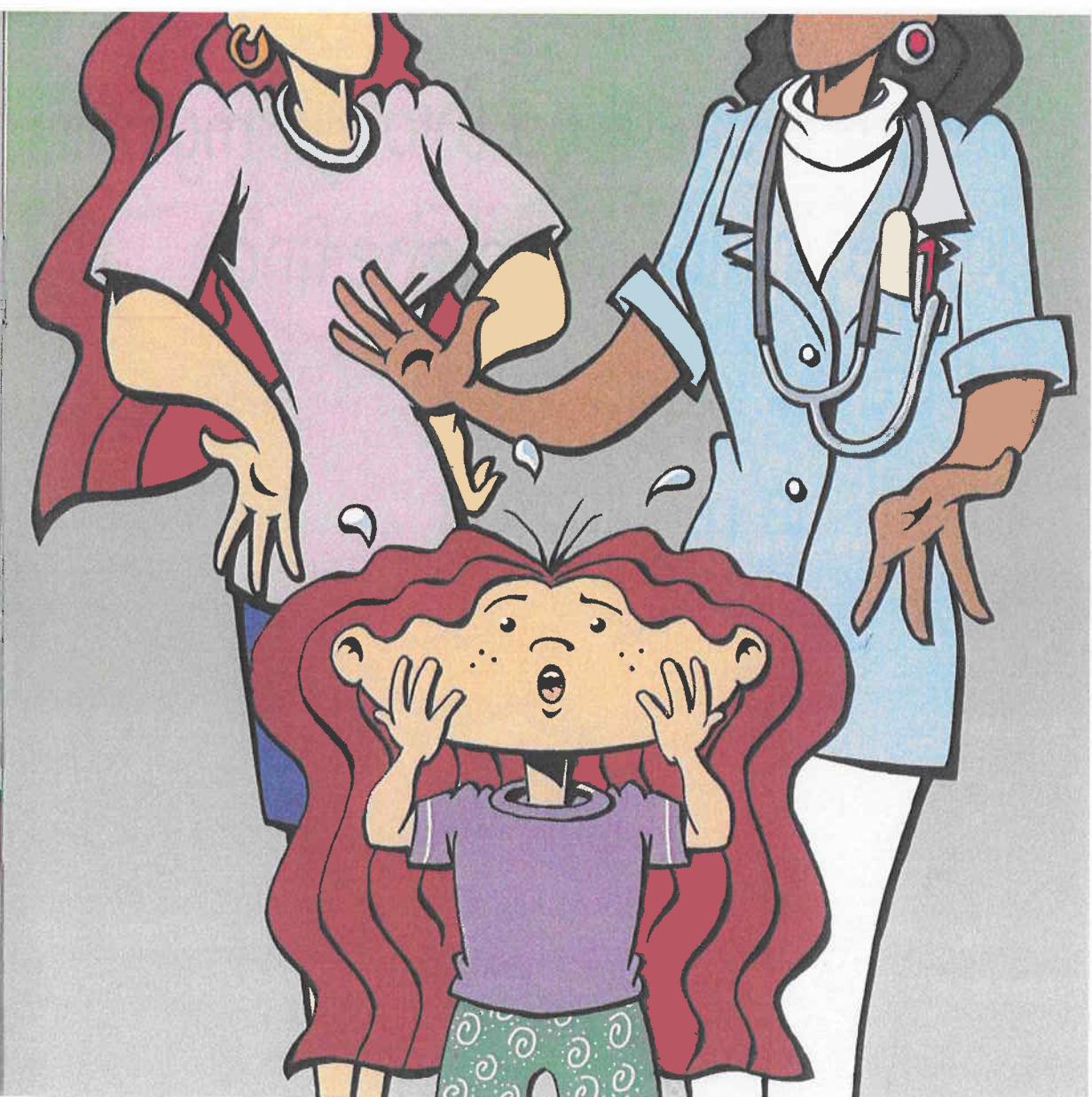
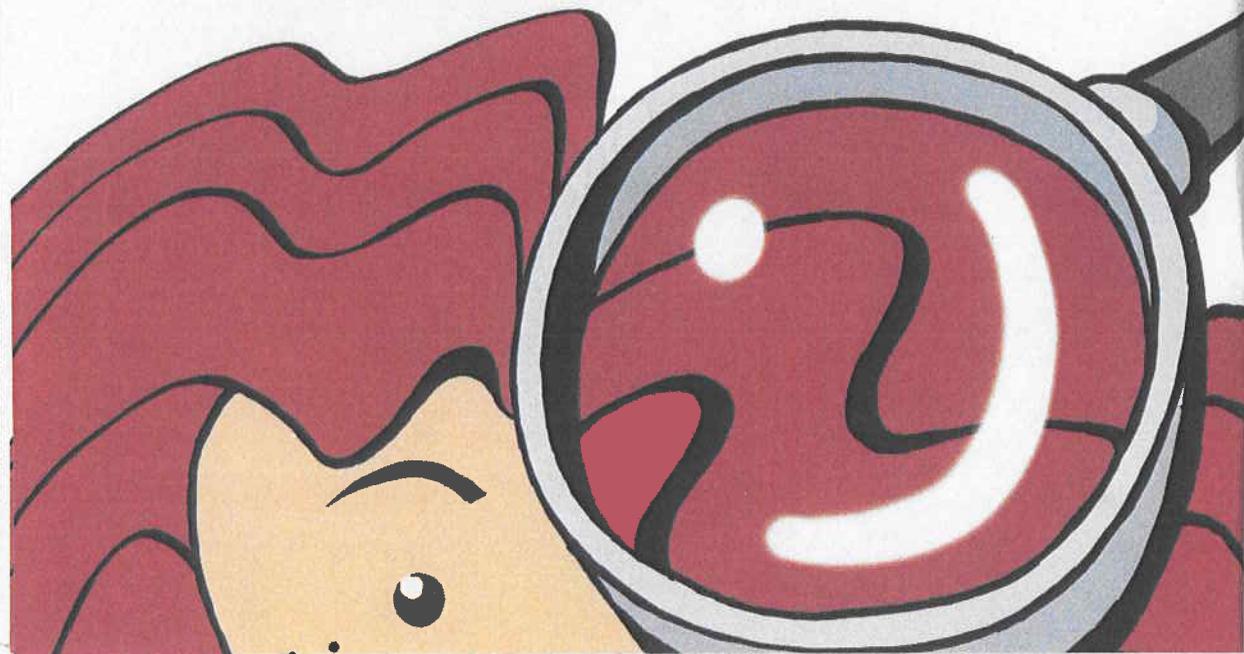
My stuffed animals
Had to go in a bag.
"Free at last" (in two weeks)
It says on the tag.



I sat still as a mouse
While Mom combed my hair
To remove lice and nits 
That might still be there.



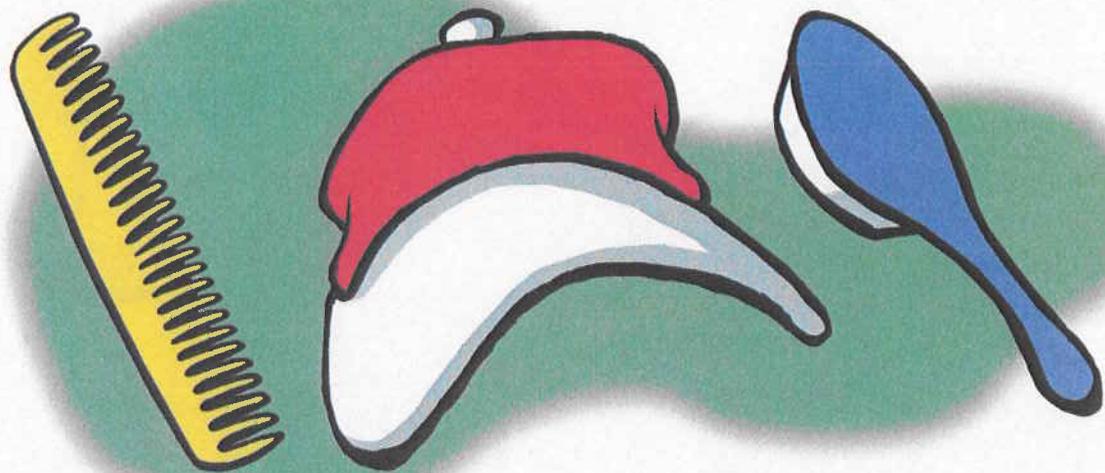
Soon, Mom took me to school
To be checked by the nurse.
According to her...
It could have been worse.



The nurse checked through my hair,
No lice or nits could she find.
But that louse in my house
Is still on my mind!



My brush, my hat, and my comb,
I learned NEVER to share!
Because of that louse in my house,
I will forever take care!



Let's Take the Lice Kids' Quiz!

1. Should you ever share hats, combs, or brushes?

No!

2. Where do lice live?

Lice live in people's hair. Lice do not live very long off of a human scalp. The reason you clean things in the house is so that the live lice don't crawl back onto one's hair after it has been treated.

3. What should you do to your sheets and pillowcases?

Wash them in hot water and dry them in a hot dryer.

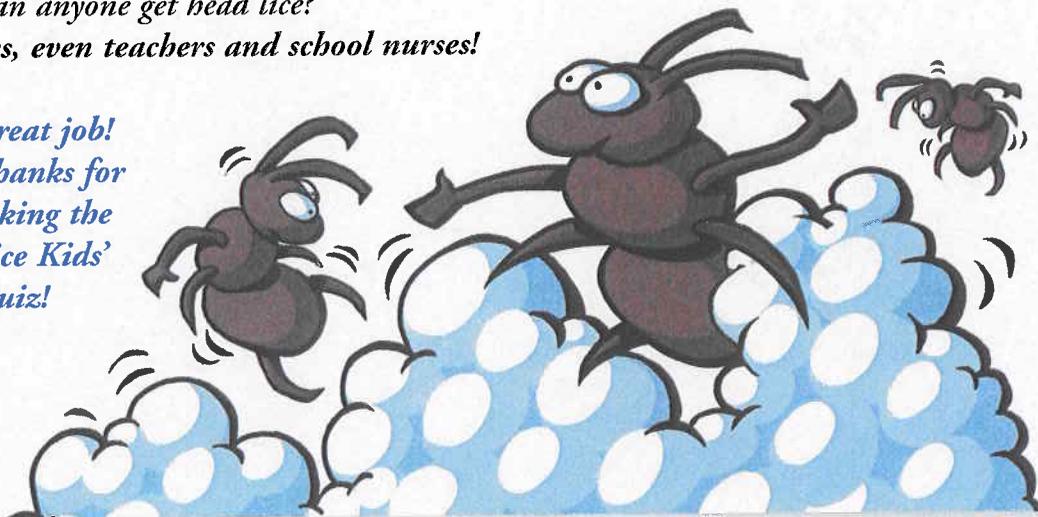
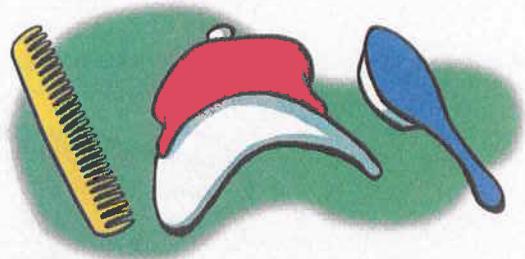
4. What do you do to make sure there aren't any lice in your carpet, furniture, etc?

Vacuum thoroughly!

5. Can anyone get head lice?

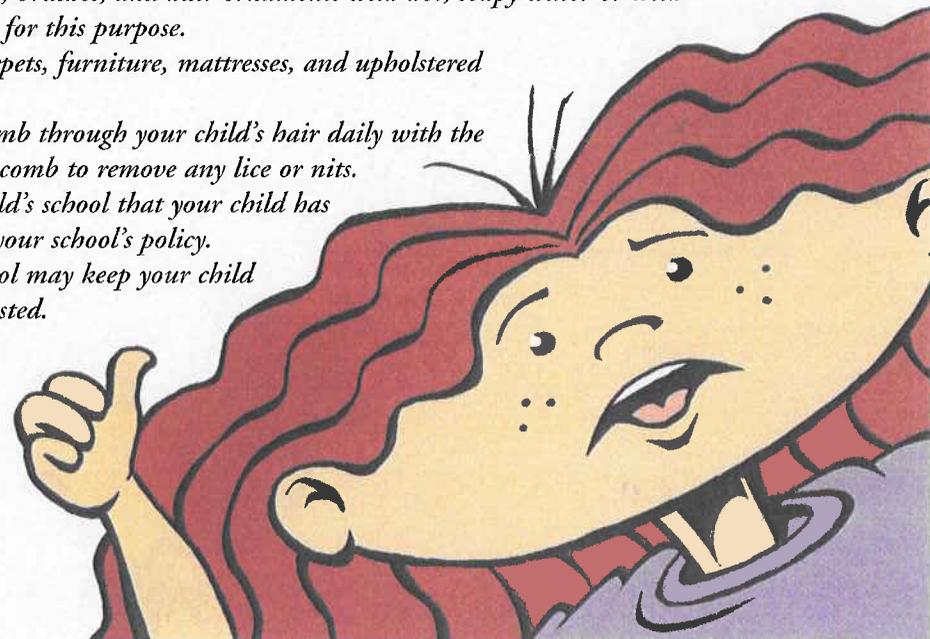
Yes, even teachers and school nurses!

**Great job!
Thanks for
taking the
Lice Kids'
Quiz!**



Panic Prevention for Parents

1. Check your child's hair for lice several times a month. Screening for lice can be done as you comb your child's hair each morning or before he/she goes to bed.
2. If you notice that your child is frequently scratching his/her head, you should look at his/her hair for signs of head lice. Start by looking behind the ears and along the neckline. You may find tiny teardrop-shaped eggs cemented to the hair shaft, close to the scalp. Sometimes you may see live lice. Adult lice are about the size of a sesame seed.
3. The key to effective treatment is to remove live lice and their eggs, which are called nits. Buy and use a specially designed comb to remove the nits and lice.
4. If using a shampoo or cream rinse designed to treat lice, be sure to follow the instructions completely. Failure to do so will probably result in the need to re-treat.
5. Wash bedding and recently worn clothes, hats, and coats in hot water and dry in a hot dryer for at least 20 minutes.
6. Wash all combs, brushes, and hair ornaments with hot, soapy water or with shampoo designed for this purpose.
7. Vacuum all carpets, furniture, mattresses, and upholstered car seats.
8. Continue to comb through your child's hair daily with the specially designed comb to remove any lice or nits.
9. Notify your child's school that your child has head lice. Follow your school's policy. Notifying the school may keep your child from being re-infested.



To order additional copies of *There's a Louse in My House* or inquire about our quantity discounts for schools, hospitals, and affiliated organizations, contact us at 1-800-999-6884.

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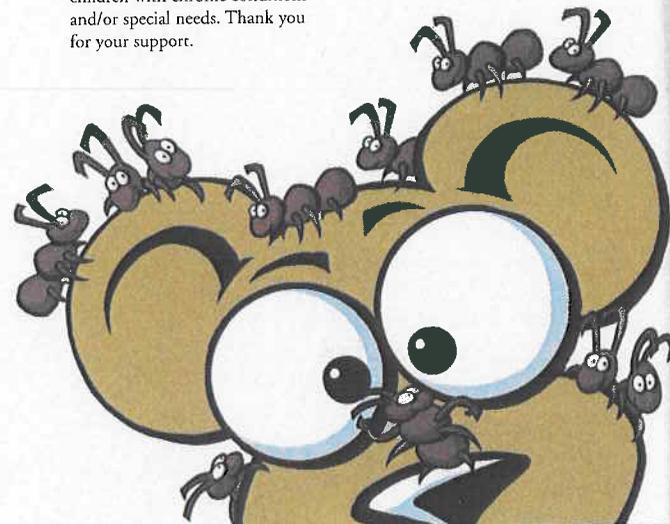
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