



## **Head Lice**

Head lice, although not an illness or a disease, is very common among children and is spread through head-to-head contact during play, sports and when children share items like combs, hats, brushes, jackets and headphones.

If careful observation indicates that a student has head lice, the school nurse will contact the student's parent to determine whether the student will need to be picked up from school and to discuss a plan for treatment

### **Recommendations for parents:**

- Check your child's hair daily. If you find lice, treat your child and any children who share rooms or beds in the house. In addition, the sheets and clothes must be washed in hot water. Stuffed animals or other items that cannot be washed should be bagged in a plastic bag for 2 weeks.
- Help educate your child to **never borrow personal items such as combs, brushes, hats, hair scrunchies, head phones, clothing, or towels from other people.**
- Please let the school know if you become aware of lice.
- Follow the following treatment guidelines.

### **Treatment of Head Lice:**

- Choose an over-the-counter lice treatment, available without prescription (NIX, RID, Clear, etc.) Follow the instructions on the package very carefully.
- Use a nit comb to comb out as many nits as possible. The nits are not always killed by the treatment and those that cannot be removed may hatch later. Therefore, it is usually necessary to re-treat in two weeks or according to package directions.
- Lice can survive off the body for a day or two and are killed by heat. Therefore, you should wash all hats, clothes, sheets, pillowcases, towels, etc in hot water, and/or dry in a hot dryer for at least 20 minutes.
- Clean all combs, brushes, hair bows, etc. in very hot soapy water or lice shampoo. Leave in hot water for at least 10 minutes.
- Vacuum wherever your child has been (including furniture, car) and then discard the vacuum bag.
- Your child may return to school following a treatment. Bring a note stating that the child has been treated and the name of the product used.

The Centers for Disease control and Prevention can be utilized as a resource for treatment and prevention of lice. Treatment information can be found at:

<https://www.cdc.gov/parasites/lice/head/treatment.html> and prevention tips at <https://www.cdc.gov/parasites/lice/head/prevent.html>.