

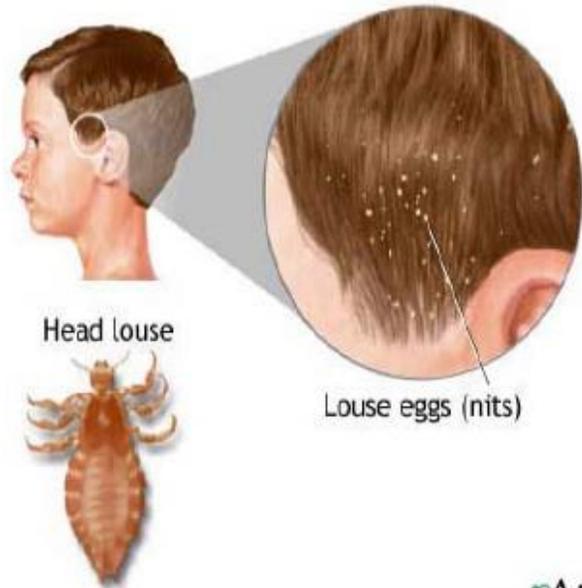
## 3 Step Treatment Plan

### WHAT TO LOOK FOR:

- Frequent head scratching
- Adult lice are reddish-brown wingless insects, about the size of a sesame seed.
- Nits (lice eggs) are grayish-white, oval shaped, and glue at an angle to the side of a hair shaft.

### PREVENTION AND CONTROL

This 3-STEP treatment plan is recommended for successful elimination and control. The main reason for treatment failure (and thus re-infestation of head lice) is the incomplete removal of lice eggs after lice-killing products are used. Students will be readmitted the next school day after the lice-killing treatment of choice has been completed. It is important for parents to notify day care or places where your child regularly visits to prevent transmission to others. Also, check other family members occasionally for the presence of lice.



### STEP 1: KILL THE LICE

Use an over-the counter lice-killing shampoo (common brands are *NIX* and *RID*) available at your local drug or discount store. Most of these products contain 1% permethrin, which has proven to be very effective and often need to be applied to dry hair, as wet hair can dilute the chemicals. Follow the manufacturer's directions carefully. Often, a second treatment is recommended 7 to 10 days after the first treatment

**HOME REMEDIES:** These remedies involve "coating" your child's hair with thick or oily substances such as petroleum jelly, or olive oil and leaving it on the hair overnight (the child sleeps wearing a shower cap). The theory is that coating the hair with these substances will smother the lice. *These remedies have not been scientifically proven to work.* Do not apply any toxic or highly flammable substances such as gasoline or kerosene, or use products that are intended for use on animals.

### STEP 2: REMOVE THE NITS

Nit (also referred to as eggs) removal is crucial to eradicating infestation regardless of the treatment used. Nits are grayish-white and can generally be found close to the scalp.

1. Manually remove nits using a nit comb under good lighting. Fine-toothed, METAL combs work best. Fingernails or safety scissors can be used to remove nits on individual hair strands that are strongly attached.
2. Divide hair into sections and fasten off the hair not being worked on.
3. Clean the comb with hot water and dry with a paper towel between sections. If a live louse is found, remove it with tweezers or seal it in a piece of scotch tape.
4. Combing out the nits often takes a great deal of time and patience. During this step you may want to give your child something to do, such as a book to read or watching a video.
5. Continue to check your child's head daily for two–three weeks and continue to be diligent removing nits.

**The main reason for treatment failure and re-infestation is the incomplete removal of nits and improper use of lice-killing products. Please follow manufacturer's guidelines carefully.**

### STEP 3: ENVIRONMENTAL CONTROL

1. Wash your child's clothes, towels, hats, and bed linens in hot water and dry on high heat.
2. Soak combs, brushes, and hair bands in boiling hot water for one hour.
3. Vacuum thoroughly - pillows, furniture, carpeting, car seats, and bare mattresses before new bedding applied. Discard vacuum bag after cleaning.
4. Non-washable items (dolls, stuffed animals, etc.) should be sealed in a plastic bag for two weeks.
5. Do not spray pesticides in your home because they can expose your family to dangerous chemicals.

## LICE Advice

Each year there are reported cases of head lice in our school district. Head lice are a **nuisance condition** that can be very frustrating and costly in time and money. It is not considered a medical or public health hazard. Lice aren't dangerous and they don't spread disease, but they are contagious and can just be downright annoying!

Head lice are an unfortunate fact of life. All they need to survive is a human head. They spread easily through close contact between peoples' heads and through sharing brushes, combs or hats. The lice like clean heads just as well as dirty heads. They do not respect age or socioeconomic status. Therefore, they have the potential to be present at any school.

### What can I do as a parent?

It is important to check your child periodically throughout the year, especially around the holidays, after family gatherings and sleepovers. In most cases, lice are not found until a person shows symptoms of scratching their head which is about a month after infestation.

### Basic Head Lice Facts:

- Lice are crawling insects. **They cannot fly, hop, or jump.**
- Lice need human blood to survive and cannot be given to/or contracted from house pets (dogs and cats).
- Lice do not like light.

Head lice are primarily spread by head-to-head contact. They also may be spread by sharing of personal items such as headgear (hats, headbands, "scrunchies," etc.), scarves, coats, pillows, towels, combs and brushes.

