

## **HEAD LICE (PEDICULOSIS) AND NITS**

The procedures below will be implemented to assist and support families affected by head lice and/or nits.

- When a student is suspected of having head lice (ie scratching head, visible nits in the hair, etc) the student will be sent to the school nurse or a trained district designee for evaluation.
- When live lice and/or nits are found, parents will be notified by phone. A student with live lice and/or untreated nits will need to be picked up immediately. The school nurse will work with families to provide information and resources so that treatment is complete and appropriate.
- The student must be treated before returning to school. To re-enter school, the student will be rechecked for live lice before going back to class. A student found to have live lice and/or untreated nits will be sent home with further instructions.

We do not check entire schools or classrooms. Current evidence does not support the efficacy and cost effectiveness of classroom or school-wide screening for head lice to reduce the number of head lice infestations among school children.

Date: \_\_\_\_\_

Your child was found to have head lice today at school.

Do not panic!

Anyone can get head lice. Head lice have nothing to do with cleanliness, parenting skills, or disease transmission.

It is important to start treatment with a head lice shampoo. This is available to you over-the-counter. Your child may return to school after treatment. But you may opt to have your child stay home one day to continue with the combing/nit removal process.

Don't hesitate to contact me, your physician, or the county public health department with questions.

Thank you.

Sincerely,

Karyn R. Nitz RN  
Stanley Boyd School District  
[knitz@s-bschools.org](mailto:knitz@s-bschools.org)  
phone: 715-644-5534 Ext 107



## **COMB, COMB, COMB**

*The best prevention advice is to really work on nit removal. The nits are eggs that hatch. No product is 100% effective against nits. Even one missed nit can hatch into a louse. And that louse can lay 60-100 nits in its thirty-day lifetime.*

*Nits can be well hidden, especially when your eyes are tired after you've been searching and combing for a while.*

*Comb every evening for 10 days; even if you think you've removed all the nits.*

*Students with long hair must wear their hair pulled back or braided until head checks are clear.*

## **COMB, COMB, COMB**

## Head Lice

### Checklist for Parents/Guardians

- \_\_\_\_ 1. Get the head lice shampoo from your doctor, clinic, or drugstore.
- \_\_\_\_ 2. Carefully check all members of the household, especially behind the ears and at the nape of the neck. Look for red streaks from scratching.
- \_\_\_\_ 3. Treat head and scalp ONLY AS DIRECTED by the manufacturer of the treatment you choose. The hair should be completely wet with medication.
- \_\_\_\_ 4. Set the timer for the length of time that the medication is to remain on the hair.
- \_\_\_\_ 5. Rinse medication out of hair. Rinse with water and towel dry.
- \_\_\_\_ 6. The best way to see the lice eggs or nits is in a very bright light. Sunlight is the best light. If you miss even one nit, it may eventually hatch 60-100 nits (eggs).
- \_\_\_\_ 7. Divide hair into sections. Then, with a very fine-tooth comb, comb through the hair, pulling out all nits. Nits may need to be pulled out with fingers or cut the hair strand above the nit.
- \_\_\_\_ 8. Teach your child not to share others' hats, scarves, coats, combs, brushes, etc.
- \_\_\_\_ 9. Every night (for 10 days), each child should be checked for redness of scalp, additional nits/eggs, or lice. Comb with a fine-tooth comb even if you don't see any nits.
- \_\_\_\_ 10. Collect all bedding-sheets, pillows, pillowcases, and blankets-and machine wash items at the hottest temperature (130 degrees).
- \_\_\_\_ 11. After washing, put bedding into the dryer at hottest-temperature setting for at least 20 minutes, or until dry.
- \_\_\_\_ 12. Pillows and stuffed animals that cannot be washed must be put into a plastic bag, tied off, and left completely closed for at least 14 days.
- \_\_\_\_ 13. Vacuum all rugs very thoroughly. Vacuum all couches, chairs, car headrests, car-seats-anywhere that the back of someone's head might touch.
- \_\_\_\_ 14. Throw away all plastic bags and vacuum bags after use.
- \_\_\_\_ 15. All combs and brushes should be soaked in hot water (130 degrees) for 5-10 minutes.
- \_\_\_\_ 16. Make it a habit to check your child(ren) once a week for signs of head lice.