

HEAD LICE PROCEDURE

Birdville ISD Revised Head Lice Administrative Procedure

Students found to have evidence of live head lice will be excluded from school. They may be readmitted after having been treated with a medicated lice shampoo or alternative treatment, and are checked by the school nurse. **Students absent more than 48 hours will be considered truant.**

A second medicated lice treatment is recommended 7 to 10 days later. It is important to follow the instructions for correct use of the product to reduce toxic side effects. Use of any dangerous products like flea or tick shampoo, gasoline or kerosene must be avoided!

When a case of head lice is discovered in a classroom, the nurse will exercise discretion in checking other students in the classroom and notifying parents. The parents are asked to inform the school nurse when their child has head lice. It is the parent's responsibility to continue checking their child's hair weekly and treating the child again if lice are still found.

Head lice are considered a nuisance rather than a health issue; however, they can spread between children and therefore need to be controlled. See below for more detailed information.

Images to assist in the identification of head lice and their eggs

<http://www.hsph.harvard.edu/headlice.html>



Identification of Head Lice

1. Frequent scratching of the head and/or back of the neck.
2. Pink to red marks on the scalp and/or back of neck.
3. Unexplainable sores and/or scabs on the scalp/back of the neck.
4. Yellowish white or brown eggs (nits) attached to strands of hair that can't be washed out or flicked off with the finger.
5. White to graying crawling forms about the size of a sesame seed.
6. In advanced cases the louse are larger and are a darker color. They move quickly through the hair when the hair is parted, making it difficult to detect.

Prevention

1. Do not share combs, brushes, hair ribbons, hats, etc.
2. Some experts recommend regular use of tea tree oil shampoo.
3. For sleepovers, children should take their own bedroll.
4. Sleepovers should be avoided for at least 3 weeks if an infestation is known.
5. Wash and dry bedding and clothing often. Use hot water.
6. Check your child's hair frequently.
7. Contact the school to inform the nurse of known infestations.
8. Notify the parents of your child's friends to prevent them from passing lice back and forth when your child has head lice.
9. Provide your children with their own personal athletic headgear.
10. Place a rain slicker over the back of the seat in movie theaters, airplanes, trains, busses, etc., to prevent your child from putting his head back against the seat. Shake out the slicker when you leave. Lice are not able to cling to slick material.

Alternative Lice Treatments

Several products that are on the market are useful in preventing head lice. Some of the products are listed below along with some alternative treatments. These are most successfully when used in conjunction with a traditional treatment

Alberto VO5 Shampoo

1. Cover the entire scalp with Alberto VO5 shampoo. Use as much as needed to saturate the hair.
2. Cover the scalp with saran wrap or a plastic bag or cap, and secure it to the head with a hairpin or clip. Be very careful not to cover the child's nose or mouth. **Always supervise a child the entire time this covering is in place.**
3. Leave this in place for 30 minutes, then rinse well.
4. Blow-dry the hair. Carefully go through hair and remove every lice and egg (nit) using your fingernails or a special lice comb.

Cetaphil Lotion Treatment

Often parents are reluctant to apply chemical shampoo to a child's head to treat lice. Some lice are resistant to the chemical shampoos, and sometimes do not respond to treatment. Smothering the lice has been a long-standing non-chemical treatment. Cetaphil is one smothering method that a pediatrician may recommend to kill head lice; it is not as difficult to remove from the hair as mayonnaise or olive oil.

Instructions

Items Needed:

Bath towel, 8 to 12 oz. Cetaphil Gentle Skin Cleanser, 8 oz. application bottle, Comb, Bath towel, Metal lice comb

Application:

1. Purchase a 12 oz. bottle of Cetaphil Gentle Cleanser and an 8 oz. clear application bottle with a tip. The 8 oz. clear application bottle with a tip which can be found at a beauty supply store. Fill the application bottle with Cetaphil.
2. Drape a towel around the child's shoulders to catch any extra cleanser that drips off the hair. The hair should be dry for this treatment.
3. Begin at the nape of the neck on the left side and apply the cleanser directly to the scalp moving back and forth from the nape of the neck to the front hairline until you reach the right side. This should use 1/4 of the cleanser.
4. Change the direction of the zigzag pattern to crisscross the first pattern. Now the application bottle should be half empty.
5. Massage the cleanser into the scalp.
6. Repeat Step 3 and 4. Now the application bottle should be empty. Massage the cleanser into the scalp again.
7. Refill the bottle half full if your child has long hair. Squirt the cleanser on the hair strands and massage it in.

Complete the Treatment:

8. Wait 2 minutes and comb out the cleanser. Wipe the excess cleanser onto another towel. The goal is to remove as much cleanser as possible so it will take less time to blow dry the hair.
9. Remove nits with a lice comb. (Place the lice comb at the scalp and slowly comb through. Swish the comb in a bowl of water to see if anything comes out. A white bowl works best to spot the nits.) Flush the water down the toilet when done.
10. Blow dry the hair so that the scalp, roots and strands are completely dry. This is very important so the cleanser adheres to the lice and cannot be rubbed off on a pillow. Expect blow drying to take three times longer than it normally does. Do not apply hair products.
11. Leave the dried cleanser on the hair overnight or for at least 8 hours.
12. Shampoo with normal shampoo. Rinse the hair with a 50/50 mixture of vinegar and warm water and then comb again with the lice comb before shampooing. The vinegar helps to loosen the nits.
13. Check daily for live lice and nits. Remove nits immediately. Retreat with Cetaphil if you see live lice or contact your pediatrician for advice.
14. Repeat this treatment after seven days and again seven days after that to kill any newly hatched lice before they become adults and lay eggs. This is a crucial step to break the lice life cycle.

Lice Free

This product is a thick white water based gel composed of 10% sodium chloride (salt) that paralyzes lice. Call 1.800.482.4464 for a free sample and product information.

Lice Ice

Lice Ice is a natural, non-toxic head lice treatment that requires little to no combing. It can be used as often as re-infestation occurs or everyday as a preventative. It is applied to DRY hair, massaged to the roots, allowed to dry completely, and left on for at least 8 hours. Hair is not to be covered. Regular shampoo removes the product.

Lice Ice is non-greasy and pleasant smelling. Because Lice Ice is based in a hair styling product, it does not dry out the hair. It can also be used on scabies. It is found in some Walgreen Drugs.

LiceOff Plus

This is a product of essential oils that is added to water and sprayed onto the infested scalp. This all-natural product is reported to immediately kill head lice.

Traditional Pediculicide Treatments

All pesticide lice treatments must be used as directed to reduce the risk of children. Instructions must be followed carefully. The medication must not be left on the child's head for a time greater than indicated and not reapplied before package recommendations. Most treatments have different recommendations; one brand may have different instructions than another.

Traditional pesticide treatments for head lice may include those described below.

Over-the-Counter Head Lice Medications

Permethrin - Brands such as Nix or other generic store brands.

Pyrethrum - Brands such as Rid, Pronto, A-2000 or other generic store brands.

RID 1-2-3 Lice Elimination Kit - contains three products, shampoo, Egg and Lice Comb-out Gel, and a spray for non-washable items.

Both permethrin and pyrethrum should not be used on children or adults allergic to chrysanthemums, ragweed, or petroleum products.

Prescription Head Lice Medications

Malathion Lotion - Brands such as Ovide (Caution: *Flammable Product*)

Lindane - Brands such as Kwell

National Pediculosis Association does not recommend this product for use by children as it is potentially dangerous to the nervous system. Research finds this product to be a toxin that can cause brain damage and even death.

All pesticides used to treat head lice require careful and proper use for safe and effective treatment. Each one has specific instructions that must be followed carefully. Because all may be irritating to the eyes, mucus membranes, and scalp, it is best to use a sink for treatment to minimize body exposure. **Children should never be allowed to apply or treat their own hair. Adult supervision is absolutely critical for safety and effectiveness.** Rubber dishwashing gloves are recommended for use during treatment.

No pesticide or alternative treatment will be successful without effective removal of all live lice and nits (eggs) by combing and picking them from the scalp and hair shafts. If live bugs remain after treatment with one product, then a different product should be used for the next treatment after the recommended waiting period. This is a good time to use alternative treatments while waiting for the waiting period to elapse.

Pesticide sprays to the environment are generally not effective and are felt to be dangerous to children. Thorough washing and vacuuming is safer and more effective. A lint remover (the roller kind with sticky tape) can be used on the difficult areas where a vacuum cannot reach. **Daily inspection and removal of any live lice and nits and treatment of the environment are crucial to preventing re-infestation.** All combs and brushes should be replaced or soaked in hot water (130° F) for at least 10 minutes.

All laundry should be washed and rinsed in hot water with a detergent. One alternative product that has been developed is **Acu-Life Lice Wash Laundry Detergent** which contains Tea Tree Oil to kill lice in bedding and clothes.

Combing

Lice can become a costly and time-consuming problem. The BEST use of your time is in removing nits (lice eggs) from the hair. Research shows that approximately 30% of nits are still alive after lice treatment because no product is 100% effective against nits.

A visual exam and combing of hair is made easier in the direct sunlight, in a well-lit room and/or with the use of an adjustable lamp shining directly on the child's hair. To remove the nits, section the hair (about a/8" X 4" at the scalp) and pull it away from the scalp looking at all sides for nits. (Nits are very small, white, clear, or brown, and oval shaped eggs that do not flick off the hair like dandruff.) Remove the nits with fingernails or a special comb. If using a special comb, comb the section of hair, look at the comb removing any nits or lice from it by dipping it in water, and then continue the process. (Use of a toothbrush or dental floss may be necessary to clean debris from the teeth of the comb.) The entire head can be cleared of nits by repeating the exam and combing section by section. Hair clips can be used to assist in separating the hair. Although the described procedure is time consuming, it is absolutely necessary to prevent re-infestation. It only takes one remaining viable nit to hatch one to three new lice.

A child's hair should be inspected at home every day for three weeks after treating for lice. This helps find any nits missed on previous inspections. Also, it helps insure that new eggs are found if any live lice remain on the head. In this case the child's hair needs to be treated again, preferably with one of the alternative treatments.

Combing/Removal Devices or Products

Lice Meister Comb

This very effective tool has been registered with the FDA as a medical device. It has stainless surgical steel teeth that are recommended by the National Pediculosis Association. This comb can be ordered by calling 1.888.542.3634.

Lice Trap Gel with comb

Lice Trap Gel is a hair gel that makes removing nits out of the hair easier. It is found at Sally's Beauty Supply.