

HEAD LICE CONTROL PROGRAM

Birdville ISD Head Lice Administrative Procedure

Children found with evidence of head lice or nits will be excluded from school. They may be re-admitted after treatment with a medicated pediculicide shampoo or an alternative treatment and all nits have been removed. Because of an increased concern among professionals throughout the United States that lice are becoming resistant to medicated pediculicide shampoo, children will not be allowed to return to school until the nurse, using his/her professional judgment, determines the student may be re-admitted. *A parent must accompany their child to the Nurse's Office to be checked and re-admitted to school.* **Students absent more than two school days will be considered truant.**

A second pediculicide or alternative treatment is recommended seven days after the first treatment. It is very important to follow the instructions for the correct use of any lice treatment product to reduce the risk of toxic side effects. Use of any dangerous products like flea or tick shampoo, gasoline or kerosene must be avoided. **Because pediculicide do not kill all the nits, complete nit removal with a lice comb or your fingernails is essential to break the cycle of re-infestation.**

When head lice is first discovered in a classroom, the nurse may send a notice home with all children in that classroom to alert parents to check their children's hair every day for the next three weeks. This is done at the discretion of the principal. Future lice cases in that classroom will be addressed with screening of known problem cases and children exhibiting symptoms. The parents are asked to inform the school nurse when their child has head lice so a notice can be sent home with the involved class. This will reduce the risk of the students re-infesting each other.

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 are on the market that are useful in preventing head lice. Some of the products are listed below along with some alternative treatments. These are most successfully 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.

Clear Lice Infestation Removal Kit

This product kit contains Not Nice to Lice Mousse that uses enzymes to kill the lice and also contains a fine tooth lice egg comb.

Head Lice to Dead Lice: A new treatment program to address persistent head lice infestations. A video supplement is available. If you wish to see it let the school nurse know 2 days ahead so she can get it from the administration building.

Five-Step Battle Plan

- Step 1. Use an over-the-counter pediculicidal shampoo or crème rinse to kill most of the lice. Read the labels carefully and discuss the product with your doctor or pharmacist. The National Pediculosis Association discourages the use of Lindane (Kwell), a prescription product that can cause serious side effects.
- Step 2. Apply olive oil treatment to smother and kill active head lice (lab tested at the Harvard School of Public Health). Apply as demonstrated in the video using the following calendar:

Olive Oil Treatment Days: 1, 5, 9, 13, 17, & 21.

The treatments have been carefully timed to coincide with the life cycle of the louse. If you choose not to use a pediculicide, use the olive oil treatment on Day 1 and Day 2 in addition to all other designated days (see below).

You may do the treatments more often if you like, but do not miss any of these days or, chances are, you will have to start over.

- Step 3. Perform the housecleaning steps demonstrated in the video to clean the environment and help avoid re-infestation, so clean once, then concentrate on heads.
- Step 4. Leave the olive oil in the hair and comb out the nits using a good metal nit comb. Comb the hair section by section (see video). Then comb carefully over the entire scalp. Wash out the oil as demonstrated in the video.

Note: The olive oil kills by covering the holes through which the lice breathe. If lice aren't completely covered by oil, they may not die. But the oil will slow them down, allowing them to be caught in the nit comb. If the pediculicide fails to kill a bug, it means that bug is resistant and will never be killed by that chemical, no matter how many times you use it. This is not true olive oil. Each time you use the olive oil, it has a good chance of killing each bug.

- Step 5. Check dry hair in bright light for any nits you have missed (see video).

"When is it safe to send my child back to school?"

When you have completed one pediculicide treatment, one olive oil treatment, a thorough nit combing and removal and a nit check as demonstrated in the video, (or two olive oil treatments and no pediculicide) and cleaned your environment, it should be safe to send your child back to school. As long as you continue to treat (and check for nits) over the next three weeks on the days designated above, your child should not infest anyone else.

K1 out

This is a pesticide-free product. For more information or to order call 1.877.534.5435 or visit their website at www.kielpharm.com.

Lice Freee!

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.

Lice Out

This product is a water-based gel that paralyzes lice and saturates the hair shaft to help nits readily slide off. It is registered by the FDA as a medical device accompanied by a comb and an optivisor to assist visibility. For more information or to order call Wal-Med, Inc., at 1.877.542.3688 or visit their website at <http://www.liceout.com/>.

Thursa Herbal Inc. Head Lice Shampoo

This is a chemical free product that contains 5 herbs, vegetable shampoo, cider vinegar, and castile soap. This product is supposed to cause nits to fall out during rinsing and stuns active lice making them easier to be removed.

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

BISD continues to enforce a "No Nit" policy, meaning students will be excluded from school until parents/guardians remove ALL nits from the hair. 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

Clear Neon Nits

This is a spray product that turns eggs a bright pink making them easy to be located and removed. This product does not kill head lice but should eliminate the need for magnifying devices.

Goodbye Lice Comb

A Patented dual-comb battery operated mechanism. Call toll free 1-877-BYELICE

Lice Guard - RobiComb

This is a battery-operated device that claims to "zap" a head lice bug and extract it from the hair shaft. However, this comb does not seem to have any effect on nits.

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

A hair gel that makes removing nits out of the hair easy. Found at Sally's Beauty Supply.

Magic Comb

A patented comb with dual action vibrating teeth that glide through the hair to help remove nits painlessly. Some BISD school nurses have these in their offices.