

# Head Lice Information

## What are the school guidelines when lice are found on my child?

- The family will be notified if live lice are found.
- The student will go home at the end of the day.
- Parents/guardians will have the option to pick up the student earlier, if desired, to begin treatment.
- Immediate treatment is necessary.

## When can my child return to school?

- A child can return to school as soon as he/she is treated for head lice.
- When returning to school, the parent/guardian should bring the student to the health office so staff can check the child's head.
- After treatment, the parent/guardian must check their child's head to be sure there are no live lice and recheck frequently for two weeks.

## What do I need to know if I find live lice or nits (eggs) on my child?

- If nits or live lice are found begin treatment as soon as possible.
- All other household members should be examined for nits and live lice every 2 to 3 days.
- Safe and effective products to treat head lice are available over-the-counter and by prescription from your healthcare provider. Some lice have developed resistance to over-the-counter treatments and will not be effective without persistent nit/lice combing of the hair. If over the counter medications do not work, contact your healthcare provider.
- Over the counter medications can be found at most drug stores, grocery stores and other local stores.
- Always read and follow label directions carefully before treating with any head lice product. Do not over treat.
- Call your healthcare provider before treating a child under age three.

### What are head lice?

- Head lice are parasites that are generally found on the scalp.
- The scalp is where lice feed and lay their eggs.
- Eggs (nits) are often found around the ears and at the base of the neck.
- The adult louse is about the size of a sesame seed and can be the color of your child's hair.
- Eggs or nits are very small and brown.
- Nits that have hatched turn white.
- Head lice are not a sign of poor hygiene and do not transmit diseases.
- The most common symptom of head lice is itching and head scratching but many people have no symptoms.

### Removing nits from the head by combing is the most important lice control measure to eliminate lice.

- Use a special nit comb to remove nits from the hair. Nits and lice can be removed by sectioning small amounts of damp hair and combing through carefully to remove each nit or louse.
- You may use oil or conditioner to lubricate the hair which will make combing easier and prevent the hair from drying out.
- Combing takes patience and needs to be done daily until all the nits and live lice are gone. Parents/guardians must continue to remove nits or infestation may reoccur.

### TIPS:

- Lice require the environment of human scalp to survive and quickly become dehydrated when they fall from their host.
- Only ordinary house cleaning, vacuuming, and washing bedding and clothes in hot water are needed.
- No special effort or sprays are needed to clean your home.
- Teach children not to share their hats, combs, brushes, hair ornaments, or any other headgear.