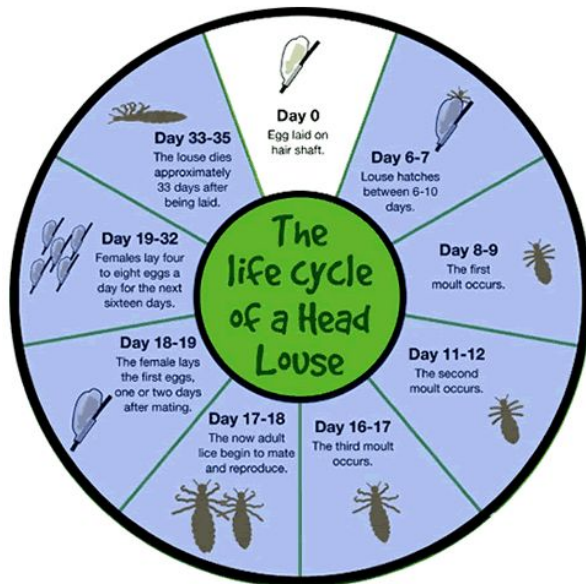


Lice Advice

District Policy:

This information was developed for parents/guardians to use as a guide in the management of children with head lice. The goal is to inform you of School District of Jefferson policy, the most effective treatment plan to eliminate an active case and/or to prevent re-infestation. Contact the School Nurse with questions at (920)675-1094 or Jefferson County Health Department at (920)674-7275.

Head lice is referred to as a nuisance disease. Jefferson School District personnel will take prompt action to reduce student exposure to this nuisance disease. A student identified as having an active case of head lice will be excluded from the classroom and sent home for proper treatment. Readmission to school will be allowed only when appropriate treatment has been assured and no live lice can be found.



What is Head Lice?

Head lice are tiny, gray-brown insects that live on human hair on the scalp. The average lifespan of the louse is 30 days with new eggs hatching every 10 days. Lice hatch from small eggs called nits that attach firmly to the hair shaft with a glue-like substance. The nits are white in color and are most often found behind the ears and at the nape of the neck. Lice do not jump, fly or hop, they crawl and are extremely fast. Lice can spread to other people who share the same living and sleeping quarters, hairbrushes, combs or headgear. The primary symptom of lice infestation is itching of the scalp.

Myths

Facts

The presence of head lice is a sign of poor personal hygiene	Head lice prefer a clean scalp. Your age, sex, race or how much money you have do not matter.
Long hair encourages head lice infestation.	Lice are more interested in your scalp than your hair, so cutting hair will not eradicate them.
You can get head lice from pets and other animals.	Head lice can live on humans but not on pets or other animals.
An itchy scalp after treatment is a sign of treatment failure.	Your scalp may itch for up to 10 days after successful treatment. If your head is still itchy after 10 days, it may be a sign that lice are still present.
Head lice cause disease. An outbreak of head lice is a public health emergency!	Lice are a nuisance but do not carry germs or spread disease.

References:

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Prevention and Control

In the interest of preventing head lice infestation in the School District of Jefferson, any student found with live head lice will be sent home for treatment. The following 3-step treatment plan is recommended for successful elimination and control. The student will be readmitted the next school day following treatment. The student's hair will be inspected by school personnel to ensure the absence of live lice. Removal of nits/eggs by the parent/guardian is expected. The main reason for treatment failure (and thus re-infestation of head lice) is the incomplete removal of eggs after lice-killing products are used. It is important for parents/guardians to notify daycare or places where your child regularly visits to prevent transmission to others. Family members should also be checked for the presence of lice.

3-Step Treatment Plan

Step 1: Kill the Lice

Option A

Use over-the-counter lice-killing (pediculicide) shampoo or cream rinse. Read the directions carefully and consult your physician or pharmacist if you have questions. Apply product to dry hair and follow manufacturers directions. Use caution around the eyes. Do not re-wash the hair for 1-2 days after treatment. Many of these products are toxic (they contain pesticides)! Do not re-apply for 7-10 days and only if live lice are detected. Do not use these products to treat pets, family members who are not infected, pregnant or nursing mothers, infants or persons who have epilepsy. Because these products are only 70-80 percent effective it is recommended you follow up with an oil treatment every 4 days for a total of 6 treatments over 21 days.

Option B

There is evidence nationwide that head lice have developed resistance to some like-killing medications. An oil treatment alternative to the pediculicide may be used instead. Many different oils such as vegetable shortening, real mayonnaise or petroleum jelly can be used, however, OLIVE OIL appears to be chemically the most effective. Olive oil smothers or suffocates live lice and is a safe, non-toxic treatment. Olive oil treatments should be done every 4 days for a total of 6 treatments over 21 days to coincide with the life cycle of a louse.

Oil treatment procedure:

- Saturate hair and scalp with oil and leave on for 8 hours (Cover with scarf or hat overnight)
- After 8 hours of oil treatment, comb out nits and dead lice
- Shampoo oil out of hair using shampoo or liquid dishwashing detergent (like "Dawn")
- Carefully check hair/head every day and remove nits (eggs)

Option C

Contact your physician for prescription medication. These medications can be expensive so check with your insurance provider regarding coverage. Be sure to follow your physician's orders and the manufacturers instructions.

Alternative methods of treatment can be found on the following website: <http://pediatrics.aappublications.org/content/126/2/392>

Step 2: Remove the Eggs

Egg (also referred to as nit) removal is crucial to eradicating infestation regardless of method of treatment. Nits are grayish white and can generally be found close to the scalp.

Nit-removal procedure:

- If Option A was used, apply Clear conditioner or vinegar to loosen nits. If Option B was used, nits will be easier to remove before shampooing.
- Manually remove nits using a nit comb under good lighting. Fine toothed metal combs work best. Using your fingernails may work best on nits that are strongly attached.
- Divide hair in sections and fasten off the hair not being worked on.
- Clean the comb with hot water and dry with a paper towel between sections. If a live louse is found, remove it with a tweezers or a piece of scotch tape.

Check the head daily for 3 weeks and continue to remove nits.

Step 3: Environmental Control

- The home environment should be cleaned on the same day that the hair is treated, or lice could become a continuing problem.
- Remove and wash all clothing that has been worn in the last 3-4 days, bedding, pillowcases, or cloth toys and disinfect by washing in hot water and drying on hot cycle.
- Non-washable personal articles should be sealed in a plastic bag for two weeks. (Dolls, stuffed animals, etc.)
- Vacuum thoroughly carpets, pillows, furniture, rugs, car seats, car upholstery, and bare mattresses before new bedding is applied. Discard vacuum bag after cleaning.
- Soak combs, brushes, and hair bands in >130 degree water or lice-killing product for one hour.
- Wipe off headphones, bike and sport helmets
- Use of insecticide sprays is not recommended!
- Report head lice to your child's school or daycare.
- Tell your child's friends or anyone who has had close contact with your child.