



Mary, Seat of Wisdom School



A U.S. Department School of Education Blue Ribbon School of Excellence

Health Office – Head Lice Guidelines for Parents

- Realize that head lice occur among children, with no regard for living environment or personal hygiene. The family pet can be a temporary host. A good check and brushing should do.
- Recognize the signs and symptoms (presence of nits/eggs and occasional to intense itching of the scalp) of infestation and be vigilant about checking your child frequently.
- Notify the school immediately if your child has head lice, or bring him/her in to be checked if you suspect head lice. Also, notify your child's close contacts if he/she has a case of head lice.
- Treat your child and all family members with an appropriate product, recommended by your physician or pharmacist. In order to eliminate head lice, read and follow directions carefully regarding duration and frequency of application.
- **Removal of nits is a important component of treatment.** This process is time-consuming and tedious, but is a critical step in the removal of lice from home and school environments. Nit removal means grasping the egg between thumb and forefinger and dragging it off each hair shaft. Adult head lice are about 1/16" long and can be seen. The nits are pearly white in color and cling to the shafts of hair. They are usually found around the nape of the neck and hairline around the ears. Once an infestation occurs, intense itching is often noticeable.
- Accompany your child to the health office upon return to school. Health office staff will do a head check. Children will be permitted to return to the classroom if no nits or live lice are found and treatment appears to have been effective.
- Discard or soak all combs, brushes, barrettes, headbands, etc. in hot soapy (lice product) water (130 degrees F.) for 20 minutes.
- Launder all washable clothing and bed linens in hot water and then dry in clothes dryer for at least 30 minutes.
- Non-washable clothing can be dry cleaned or isolated in plastic bags for two weeks.
- Cloth toys and stuffed animals should be placed in plastic bags for two weeks, or tossed in clothes dryer for 30 minutes.
- Thoroughly vacuum carpets, floors, furniture, and the interior of your automobile.
- Instruct your child not to share combs, brushes, hair accessories, or hats with family and friends.
- Re-treat your child in 7-10 days as directed by the product instructions, and continue to check your child frequently.