

**PLACENTIA YORBA LINDA UNIFIED SCHOOL DISTRICT
HEAD LICE GUIDELINES**

**Your Child May Return to School Immediately After Lice
Treatment**

Your child may return to school under the following conditions. Your child's hair may be checked prior to classroom entry.

You Must:

- Treat your child and any family member who has lice or nits with a pediculocidal shampoo. Be sure directions are followed carefully (see “Treating the Child with Over the Counter Lice Shampoos”).
- Bring the empty shampoo bottle to the school office upon returning your child to school.
- Continue to check your child's hair daily and remove any nits that are seen (see “Steps for Removing Nits”). Continue this process for 2-3 weeks. This is one of the most important things you should do. It takes time, but it will remove nits before they hatch into live lice.
 - Your child may return to school with some nits; however, improvement must be noted.
 - It will be the discretion of the school nurse to exclude any student from school due to lice infestation.
- Treat your home and environment according to “Steps for a Lice-free Household”.
- Administer a second lice shampoo treatment 7 days after the first shampoo. The second treatment must be done on _____.
- Bring the empty shampoo bottle to school with your child when this treatment is complete.

If you have any questions or concerns regarding the treatment of lice for your child or if you are unable to financially pay for these products, please contact Health Services at (714) 986-7170, ask to speak to a district school nurse.

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Treating the Child with Over the Counter Lice Shampoos

Treatments for lice can be obtained at your local pharmacy or supermarket. It is very important to follow the instructions that come with the shampoo carefully or treatment failure may occur. Natural products that do not contain pediculocides may also be used; however, treatment failure is higher unless every single nit and remaining live lice is removed. All family members must be examined for infestation and any member having lice or nits must be treated. **WARNING: Do not use insecticides, kerosene, gasoline, paint thinners, turpentine, or any product not specifically intended to treat lice. These products may be harmful to your child.**

Medicated Shampoos to Treat Lice

1. **Rid** (Contain Pyrethrins)
 - Walmart has a generic brand: Equate that is the same as Rid
 - Only kills live lice, not nits
2. **Nix** (Contain Permethrin)
 - Only kills live lice, not nits
3. **Prescriptions from a doctor**
 - Usually needed if repeated use with the above shampoos and there is resistance noted
 - Some prescription lice shampoos are effective at killing lice and eggs/nits
 - Speak to your doctor or school nurse for more information of products available by prescription

Choose only one of the above shampoos for treatment of hair. Permethrin or pyrethrin products are the most active ingredients in the above over- the- counter head lice treatment shampoos.

- **Do not** leave the product on longer than recommended. It will not kill the lice faster.
- Treat only people who have head lice or nits.
- Each person with head lice needs a complete treatment. Do not split a single box of shampoo between people.
- Please rinse hair in sink, not in shower.

Steps for removing nits

If the shampoo has been properly used and the lice are not resistant to the shampoo, all lice should be dead or dying at this point. Some of the immature nits (eggs) may survive and hatch at a later date. **Therefore, removing all nits is required for complete effectiveness, and a second treatment is necessary 7 – 10 days after initial treatment.**

1. Use a regular comb to remove any tangles. Use the special nit comb (usually provided in the package of medicated shampoo) to remove the nits. Flea combs or metal lice combs may be more effective.
2. Part the hair into 4 sections and select a section to work on. Start at the top of the head in each section and work down. Lift a one-inch segment of hair.

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3. Get as close to the scalp as possible, making sure the teeth of the comb are deep into the hair and comb away from the head. For long hair, use clips to pin each section out of the way after you have combed out the nits.
4. An egg-loosener product or a 50% solution of vinegar and water may help loosen nits for easier removal.
5. In addition, there is a gel available for assistance in removing nits. Apply the gel to each one-inch hair section prior to combing with nit comb. Rinse hair with warm water after finishing the combing process.
6. Clean the comb with a tissue as you go and rinse the comb in hot water occasionally. Dispose of the tissues in a sealed bag to prevent re-infestation.
7. Continue to check the hair daily in a good light source, for 2 – 3 weeks until you are sure all lice and nits are gone. Remove any lice or nits that remain.

Steps for a Lice-free Household

1. Thoroughly vacuum mattresses, upholstered furniture, rugs and carpets, and car seats. Dispose of the vacuum cleaner bag outside after use.
2. Personal items should be cleaned by machine, washing in hot water (above 130 degrees F). This includes bed linens, hair ribbons, scrunchies, scarves, coats and towels. After cleaning, they should be dried by using the hot cycle of a dryer for at least 20 minutes.
3. Combs, brushes and hair clips should be cleaned by soaking them in hot water (above 130 degrees) for 10 minutes. Use caution.
4. Bedspreads, blankets, pillows, stuffed animals or clothing that cannot be washed should be dry-cleaned or sealed in a plastic bag for a period of 2 weeks.
5. Spraying the house is not recommended. Fumigants and room sprays can be toxic if inhaled or absorbed through the skin.

Tips to Avoid Treatment Failure

The most common reason for recurrence of lice is treatment failure. This may occur because;

- Shampooing instructions were not followed exactly.
- Some of the house and personal items were not treated.
- The nits that were not removed went on to hatch.

If, after treating the child twice with over-the-counter products and carefully following directions and live lice are still seen, a prescription product may be necessary. Talk to your health care provider or school nurse.

How to Avoid getting Lice Again

Lice do not fly or jump. Transmission of lice generally occurs with direct head-to-head contact, possibly with a close friend or sibling, where the lice crawl from one head to another.

Transmission is more likely to occur at home than at school.

- Teach your children not to share any type of headgear or hair accessory with another child. Each of your children should have their own brush, comb and towel.
- Tell your children not to put their heads together with those of other children during play. If your child has long hair, it may be helpful to pull it back into a ponytail or braid.
- Check your children's hair periodically for signs of infestation. Most commonly head lice eggs are found firmly attached to the hair shaft close to the scalp.