



HEAD LICE PROTOCOL & GUIDELINES FOR SCHOOLS



Developed by Gilroy Unified School District Health Services
August 2014

Gilroy Unified School District Head Lice Protocol & Guidelines for Schools

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Introduction

Head lice are a fairly common problem in school age children. It is most prevalent among preschool and elementary school age children and their household members or caretakers. While head lice are a nuisance it does not pose a significant health hazard and is not known to spread disease. Head lice can be acquired anywhere in the community and may not be identified until weeks to months after exposure. Having head lice is not related to cleanliness of the person or their environment.

The most challenging aspect of head lice is not the condition itself but school staff and parent's reaction and emotions that occur when head lice is suspected. A lice infestation is made worse than it should be when parents, school and/or the community react with fear and anger, creating an environment of hysteria. This overreaction frequently creates anger directed towards parents and/or the school personnel and it often leads to teasing or alienation of the child, which can impact his or her self-esteem. Inappropriate management of head lice can also result in unnecessary absenteeism and may lead to improper treatment that could potentially be harmful.

Historically, in an effort to decrease head lice infestations, many U.S. schools adopted "no nit" policies. This type of policy leads to extended student absences related to chronic infestations in certain students. One study found 12 million to 24 million school days are lost annually in the U.S. due to excluding students with nits (Price, Burkhart, Burkhart, Burkhart, & Islam, 1999). However, research shows that the presence of nits do not indicate active infestations and do not lead to any disease process. The American Academy of Pediatrics (AAP) recommends that classroom or school-wide screening should be strongly discouraged due to the lack of evidence of efficacy and instead suggests that schools help educate parents in diagnosing and managing head lice.

The Centers for Disease Control, the American Academy of Pediatrics, California Nurses' Association, and the National Association of School Nurses all recommend that students not be excluded from school for having nits and that the management of head lice should not disrupt a student's educational process. The AAP further recommends that since a child with an active head lice infestation has likely had the infestation for a month or more by the time it is discovered, poses little risk to others, and does not have a resulting health problem, he or she should remain in class but be discouraged from close direct head contact with others. If a child is assessed as having head lice, confidentiality must be maintained so the child is not embarrassed. The child's parent or guardian should be notified that day and educated on the prompt, proper treatment of head lice. The child should be allowed to return to school after proper treatment.

The information contained in this document was developed based on current research and knowledge obtained from guidelines set forth by the American Academy of Pediatrics, California Nurses Association, the Center for Disease Control, the National Institutes of Health, and the National Association of School Nurses.

The Gilroy Unified School District's head lice protocols and guidelines are in line with evidence based practice and is accordance with recommendations from the Centers for Disease Control, American Academy of Pediatrics, National Association of School Nurses, California School Nurses Association and the Santa Clara County Public Health Department.

Gilroy Unified School District Head Lice Protocol

Gilroy Unified School District Health Services recommend a protocol that focuses on the exclusion of active infestations only. Active infestations can be defined as the presence of live lice or nits found within $\frac{1}{4}$ -inch of the scalp. Nits that are found more than $\frac{1}{4}$ -inch from the base of the hair shaft are almost always non-viable (hatched or dead).

- Any student with live lice or nits within $\frac{1}{4}$ -inch of the scalp may remain in school until the end of the day (see Procedures). Immediate treatment at home is advised. The student will be readmitted to school after initial treatment and examination. If, upon examination, the school-designated personnel find no live lice on the child, the child may reenter the school. The child should not be out of school for longer than 24 hours.
- Any student with nits more than a $\frac{1}{4}$ -inch from the scalp or with nits that have been treated within the last two weeks should be allowed to stay in school.
- Parents should remove nits daily and treat if lice are observed.
- Assurance of confidentiality regarding any student health issue must be maintained by all staff.

Procedure

If a case of lice is suspected, the following procedures should be followed:

1. A trained designee from the school should check the child for head lice.
2. The school should call the parent and notify them of the head lice and the procedures to follow. **Immediate removal of the child is unnecessary.** If a child has lice, they may have been infested for weeks and immediate removal of the child from the classroom could lead to embarrassment and ridicule. **Children can be sent home at the end of the day and they should be allowed to ride the bus home.** Transmission via school bus seats is not likely because of the biology of head lice.
3. Send the letter, "*Lice Found on Child*," home with the student. (Letter on page 16-17.)
4. The child with suspected head lice should be restricted from activities involving close contact (i.e. hugging) or sharing personal items (i.e. hats, clothing, brushes) with other children until treated.
5. If multiple cases of head lice occur in the same classroom within a 2 week period, the nurse in consultation with the principal may choose to send a letter home notifying classmates' parents that head lice is suspected and asking them to check all of their children for head lice. (See sample letter on page 18-19.)
6. **In accordance with public health policies, all students in the classroom/grade should not be checked unless unusual circumstances warrant it.** Current evidence does not support the efficacy and cost-effectiveness of classroom or school-wide screening and can cause more harm than good given the psychological impact lice may have on a child.

Roles & Responsibilities

Parents have the ultimate responsibility for their children. This includes:

- Assisting in the prevention and management of head lice cases by regularly checking their children's hair and immediately treating when head lice is detected.
- Notifying the school if their own child has an active lice infestation.

Schools have responsibility to:

- Train school staff (including health clerks, office staff) that will be responsible to check students who are suspected of having head lice. Since this is not a medical procedure, a licensed nurse is not necessary to perform the screening.
- Verbally notify parent if their child has head lice.
- Send home lice-educational materials with the student.
- Examination of student for re-admittance following treatment.
- Cleaning the environment (See "*Information for Schools- Prevention and Control of Head Lice.*")
- Educate students on how to prevent transmission of head lice (See "*Information for Schools- Prevention and Control of Head Lice.*")
- Maintain the confidentiality of each student and treat each family with respect.

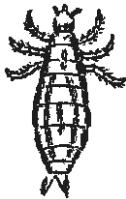
School Nurses have responsibility to:

- Develop lice screening protocol and guidelines.
- Educate school administration on lice protocol.
- Train designated school personnel on proper lice screening procedures.
- Develop head lice resource packet for school personnel.
- Confer with parents at the request of the principal on recurrent, exceptional or challenging cases of head lice.
- Be available as a resource for questions or concerns.

*****As head lice are never considered an emergency situation, District Nurses should not be called for immediate consultations for individual head lice screenings, re-screenings for admittance, or classroom/mass screenings.***

Understanding Head Lice

What are head lice?



Head lice are tiny, wingless, tan/brown insects that live and breed in human hair. They are about the size of a sesame seed. The eggs, called nits, are easier to see than the lice themselves. The nits are yellowish-white; tear-drop shaped, and are firmly attached at an angle to the hair shaft close to the scalp behind the ears and on the back of the neck. Dandruff, lint, and hair spray globules can easily be brushed from hair and can be mistaken for nits. Unlike dandruff, nits are difficult to remove and cannot be brushed away. Lice crawl slowly and cannot crawl long distances. **They do not fly, hop, or jump.** They survive by piercing the skin to feed on blood. Skin irritation at the feeding site causes itching. While head lice are a nuisance it does not pose a significant health hazard and they are not known to spread disease.

How do lice spread?

Lice are primarily spread by direct hair-to-hair contact, and less frequently through shared items such as combs, brushes, scarves, hats, headphones, sleeping bags, and stuffed animals. Lice may also be transmitted through shared bedding such as pillows, pillowcases, sheets, and blankets. Lice cannot survive away from the head for more than 24-48 hours. However, the nits can survive off the body for a week or more but in order to survive they must get back on the head soon after they hatch. You cannot catch head lice from or give them to pets.

How do you prevent head lice?



- Teach children not to share combs, brushes, hats, and coats.
- Do not try on other people's hats (not even in department stores).
- Teach children to hang coats separately —placing hats and scarves inside coat sleeves.
- Check your child's hair if he/she itches or complains about itching.
- Getting rid of lice as soon as they are found can prevent them from spreading in your home.

How are lice detected?

The first clue that a child has head lice is frequent scratching of the scalp. To check for infestation, carefully examine the hair around the back of the neck and behind the ears. Since head lice shy away from light, you may only see the eggs (nits), small whitish ovals of uniform size (teardrop shape) attached to the hair shaft.



How are lice treated?



Successful treatment needs to concentrate on removing/killing lice on the child and on the removal of the nits.

Several products are available to treat head lice. These are either shampoos or cream rinses. Some can be purchased over-the-counter while others need a prescription.

These shampoos and rinses should not be used on infants because the medicine is absorbed through the skin and can affect the brain.

It is important to follow the instructions on the label exactly as they are written. Many of the treatments must be applied to dry hair to be effective. After the initial treatment, comb or pick out all the nits with a fine tooth nit comb. Combing should be repeated daily until no lice or nits are seen. A second treatment is recommended 7-10 days after the initial treatment. Only those family members with lice or nits should be treated.



Do not use a cream rinse, combination shampoo/conditioner, or conditioner before using lice medicine. Do not re-wash the hair for 1-2 days after the lice medicine is removed.

How to treat the environment

In addition to treating those with lice, the home also needs to be addressed by:



- Checking everyone in the household at the same time, prior to cleaning the environment.
- Washing clothing and bed linens in hot water. Items should be washed for at least 10 minutes at a water temperature of 130-140°F. Dry items on high heat for at least 30 minutes.
- Vacuuming your upholstered furniture, carpet, floors, stuffed animals, coat collars, hats, bare mattresses, car upholstery and child car seats. Soaking your combs, brushes, and hair accessories in boiling water for 10 minutes. If items cannot be exposed to heat, soak them in Lysol, rubbing alcohol or a pediculicide for one hour.
- Items that cannot be washed or vacuumed, such as stuffed animals, can be placed in a tightly closed plastic bag for 14 days at room temperature or 24 hours in below freezing temperatures.
- All of the above tasks should be completed on the same day for increased success in eliminating head lice.

Spraying or fogging a home with insecticides or pediculicides is NOT RECOMMENDED, and may be harmful if used in a poorly ventilated area.

Information for Schools

Prevention and Control of Head Lice

Tips for Preventing Transmission

- Teach children not to share combs, brushes, hair accessories, coats, hats, caps, scarves, headsets, and any other personal headgear.
- Teach children to hang coats separately – placing hats and scarves inside coat sleeves.
- Shared headgear, helmets, and/or headphones should be regularly cleaned and disinfected before being issued to other students.
- Pets in the classroom do not need to be treated and cannot carry or transmit head lice.
- Begin head lice education within the classrooms so that children can understand head lice and what they can do to help prevent the spread of lice.
- Watch for telltale scratching that might indicate head lice. If lice are suspected contact the office for child to be screened discreetly and privately.
- Encourage parents to check their children regularly for head lice.

Tips for Cleaning the School Environment

- Vacuum all floors, rugs, pillows, carpet squares, and upholstered furniture.
- Play clothing, linens, smocks and cloth toys/stuffed animals worn or handled by an infested individual within 2 days before diagnosis should be washed in water hotter than 130°F, or machine dried at the highest heat setting for at least 30 minutes.
- Shared headgear, helmets, and/or headphones should be cleaned and disinfected with Lysol or rubbing alcohol before being issued to other students.
- Other items may be sealed in a plastic bag for 14 days at room temperature or 24 hours in below freezing temperatures.
- It is not necessary to hire an exterminator.

Spraying or fogging schools with insecticides or pediculicides is NOT RECOMMENDED, and may be harmful if used in a poorly ventilated area or around student who may have a compromised respiratory system.

Head Lice Screening Procedure

Head lice screening requires the direct inspection of the hair and scalp for the presence of live lice and/or nits. It is not uncommon when screening for head lice to only see nits and not the actual live lice.

Supplies Needed:

- Disposable applicator sticks (long wooden Q-tips) or tongue depressors
- Trash can with garbage bags
- Transparent tape
- Gloves (optional)
- Chair
- Well lit private area
- Knowledge of *Gilroy Unified School District Head Lice Protocol & Procedures*.

What to look for:

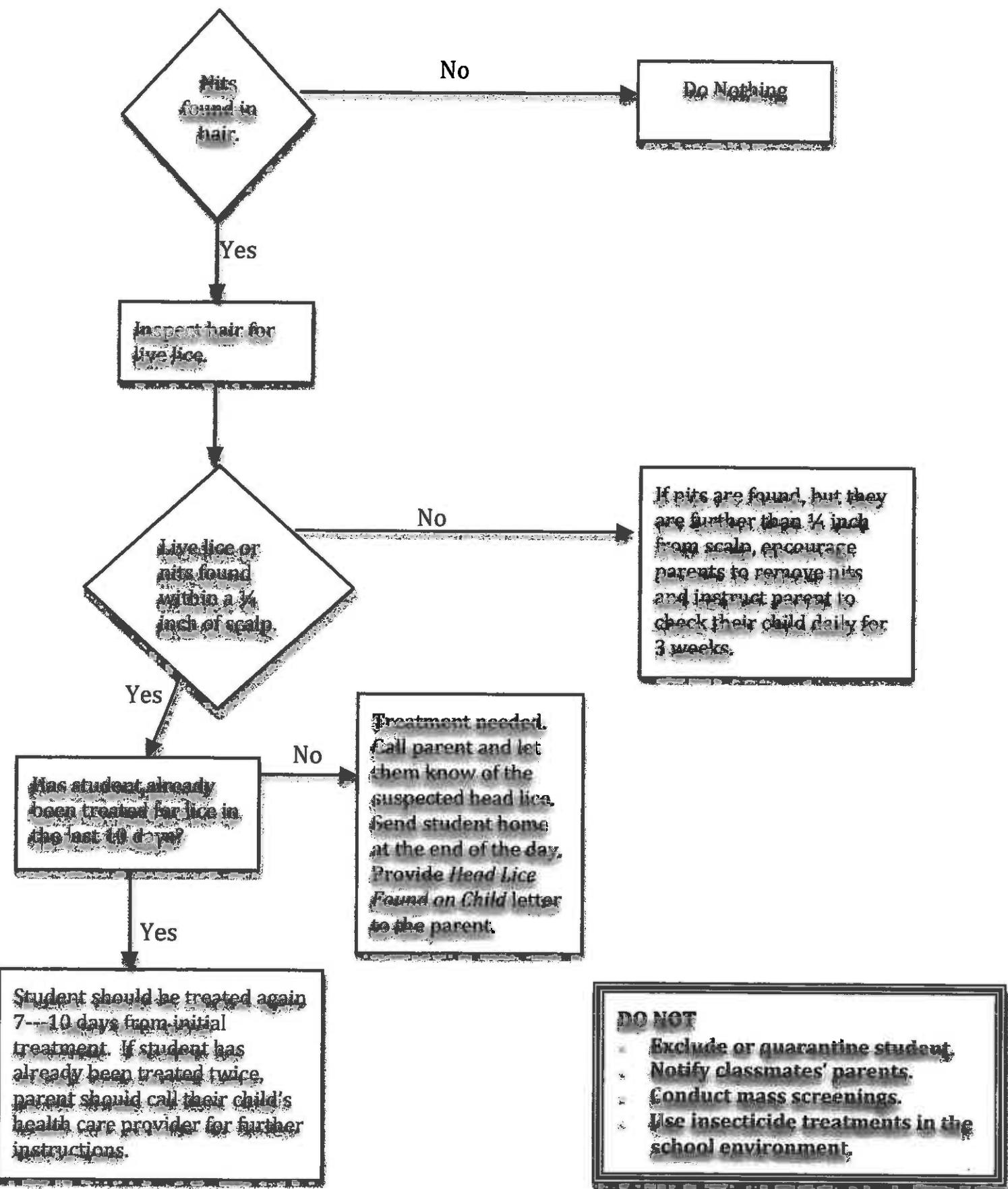
- Live lice are the size of a sesame seed and are usually tan/brown in color. They move quickly away from the light. Lice do not fly, hop, or jump.
- Nits are easier to see than the lice themselves. The nits are yellowish-white, tear drop shaped, and are firmly attached at an angle to the hair shaft close to the scalp behind the ears and on the back of the neck.
- Dandruff, lint, and hair spray globules can easily be mistaken for nits. Unlike nits, which are firmly attached to the hair shaft, dandruff, lint, and hair spray globules can easily be brushed away.

Screening Procedure:

- Have student sit in a chair in a well-lit area.
- Begin by separating the hair into small sections using tongue blade or applicator stick. Although there is little chance of contracting head lice by screening, non-latex surgical gloves may be used if desired.
- Examine the head, paying special attention to the areas behind the ears, back of neck, and scalp, for lice or nits.
- If a louse is found, use transparent tape to remove louse. This can then be shown to parent to confirm that a live louse was found.
- If nits are suspected be sure to make sure it is not dandruff, lint, or hair spray globules. Dandruff, lint, or hair spray globules can be easily removed from the hair by blowing, rubbing or brushing; nits won't budge unless "picked" or removed with a fine-tooth-comb.
- If live lice or nits are found, follow *Gilroy Unified School District Head Lice Protocol & Procedures*.
- Document all head lice screenings, re-screenings, and results on CONFIDENTIAL Head Lice Log (see page 11).
- Recheck all active head lice infestations upon the student's reentry to school and every 2-3 days for 2 full weeks.
- Screen siblings if there is an active infestation identified in student.

- Inform parents verbally and by letter if active infestation is identified.

School Flow Chart for Managing Head Lice Infestations



Head Lice Log **CONFIDENTIAL**



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HEAD LICE FOUND ON CHILD

Dear Parent or Guardian of _____ Date _____

Head lice or recently laid nits (eggs) have been found on your child's head. Head lice have nothing to do with the cleanliness of a house or parenting skills. Head lice are easily acquired in the community and are usually not identifiable for weeks to months after exposure. They are spread by hair-to-hair contact, although sharing hats, combs, and other hair accessories may also spread head lice. Head lice crawl, but they cannot jump or fly. Head lice are not a risk to pets.

It is important to treat your child before he/she returns to school. Please begin treatment as soon as possible. Your child should be back to school the following day so that they do not miss learning opportunities in the classroom. Also, remember to check everyone in the household and treat anyone that has live head lice and/or nits. Continuous checking maybe required up to 3 weeks to avoid re-infestation.

How to Treat Head Lice • Head lice may be treated with shampoos intended for the treatment of head lice. Use lice shampoo exactly as directed on the label. Many of these shampoos are insecticides and should be used with caution, especially on children and by pregnant or nursing women. If your child has asthma please consult with his/her health care provider. It is important that you read and follow the shampoo directions as some require application on wet hair and some require application on dry hair. In addition, some lice shampoos require a second shampooing 10 days later to kill lice that may have hatched after the initial treatment. **Do not over treat.** In some cases the over-the-counter products fail to kill the live lice. If this occurs please contact your health care provider, as they may be able to order a prescription medication for treatment of head lice.

Removal of Head Lice and Nits • Effective treatment of head lice requires the removal of both lice and eggs from the hair. Lice shampoos do not remove eggs from the hair. The eggs must be combed out or manually removed from the hair. Sit behind your child in a room with good lighting to comb through the hair, one section at a time. Use a fine-toothed nit comb. These combs are sold at most stores or may be included in packages of the lice shampoo. Combs with metal teeth spaced close together work best. Your child's hair should be clean, wet, well combed or brushed to remove tangles before using the louse comb. A conditioner may be used to lubricate the hair. Divide hair into small sections. Comb through each section until no more lice or eggs are found. Clean the comb frequently between cleaning each section with a paper towel to remove any eggs or lice. You should continue checking and removing any lice or eggs for a period of 3 weeks.

Treating the Environment • In addition to treating those with lice, the home also needs to be addressed. All items your child has been in contact with in the past two days such as towels, pillowcases, sheets, pajamas, clothes, coats, hats, and similar items should be washed in water temperature of 130°F-140°F and dried on high heat for at least 30 minutes. Everything should be cleaned immediately on the same day of hair treatment. Items that cannot be washed or vacuumed, such as stuffed animals, can be placed in a tightly closed plastic bag for 14 days at room temperature or 24 hours in below freezing temperatures. Lice in the environment (not on the head) usually die within a day and the eggs generally cannot live much longer. Vacuum the house, mattresses, furniture, car upholstery, and child car seats. Using household insecticides to treat the home, vehicles, carpets or furniture is **not recommended** and may unnecessarily expose your household to harmful chemicals.

Sincerely,
Health Services



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PIOJOS SE ENCUENTRA EN LOS NIÑOS

Estimado padre o tutor de _____

Fecha _____

Los piojos o liendres recientemente establecidas (huevos) se han encontrado en la cabeza de su hijo. Los piojos no tienen nada que ver con la limpieza de una casa o la crianza de los hijos habilidades. Los piojos son fácilmente adquiridos en la comunidad y por lo general no son identificables durante semanas a meses después de la exposición. Se contagian por el contacto de pelo a pelo, aunque compartir sombreros, peines y otros accesorios para el cabello también pueden propagar los piojos. Piojos se arrastran, pero no pueden saltar ni volar. Los piojos no son un riesgo para los animales domésticos.

Es importante tratar a su hijo antes de que él / ella regrese a la escuela. Por favor, iniciar el tratamiento tan pronto como sea posible. Su hijo debe volver a la escuela al día siguiente para que no se pierda las oportunidades de aprendizaje en el aula. También, recuerde revisar todos en el hogar y tratar a cualquier persona que tenga piojos y / o liendres en vivo. Comprobación continua posible que se requiera un máximo de 3 semanas para evitar la reinfección .

Cómo tratar los piojos piojos • Jefe puede tratarse con champús destinados para el tratamiento de los piojos. Use champú para piojos exactamente como se indica en la etiqueta. Muchos de estos champuses son insecticidas y deben usarse con precaución, especialmente en los niños y las mujeres embarazadas o en lactancia. Si su hijo tiene asma por favor consulte con su proveedor de su / cuidado de la salud. Es importante que usted lea y siga las instrucciones de champú como algunos requieren la aplicación sobre el cabello húmedo y algunos requieren la aplicación sobre el cabello seco. Además, algunos champús piojos requieren un segundo bañando a 10 días más tarde para matar los piojos que pueden haber nacidos después del tratamiento inicial. No sobre - tratar. En algunos casos, los más de-the -counter productos no pueden matar a los piojos vivos. Si esto ocurre, por favor póngase en contacto con su proveedor de atención de la salud, ya que pueden ser capaces de pedir un medicamento recetado para el tratamiento de los piojos de la cabeza.

La eliminación de los piojos y liendres • El tratamiento eficaz de los piojos requiere la eliminación de los piojos y los huevos en el cabello. Champús piojos no eliminan los huevos del cabello. Los huevos deben ser peinados a cabo manualmente o retirarse del cabello. Siéntese detrás de su hijo en una habitación con buena iluminación para peinar el cabello, una sección a la vez. Utilice un peine de dientes finos. Estos peines se venden en las tiendas o se pueden incluir en envases del champú para piojos. Los peines con dientes de metal espaciados muy juntos funcionan mejor. El cabello de su hijo debe estar limpio, húmedo y bien peinado o cepillado para eliminar los enredos antes de usar el peine para piojos. Un acondicionador puede ser utilizado para lubricar el cabello. Divida el cabello en secciones pequeñas. Peine a través de cada sección hasta que no se encuentren más piojos o huevos. Limpie el peine con una toalla de papel para eliminar los huevos o piojos. Debe continuar el control y la eliminación de los piojos o los huevos por un período de 3 semanas.

El tratamiento del Medio Ambiente • Además del tratamiento de las personas con piojos, la casa también debe ser abordado. Todos los artículos que su hijo ha estado en contacto con en los últimos dos días, tales como toallas, fundas de almohada, sábanas, pijamas, ropa, abrigos, sombreros, y artículos similares deben ser lavados en la temperatura del agua de 130 ° - 140° F y se secan sobre fuego alto durante al menos 30 minutos. Los artículos que no pueden ser lavados o aspirados , como animales de peluche , pueden ser colocados en una bolsa de plástico bien cerrada durante 14 días a temperatura ambiente o 24 horas en temperaturas bajo cero. Los piojos en el entorno (no en la cabeza) generalmente mueren dentro de un día y los huevos en general, no puede vivir mucho más tiempo. Aspire la casa, colchones, muebles, tapicería del coche, y los asientos de coche para niños. El uso de insecticidas domésticos para tratar el hogar, vehículos, alfombras o muebles no es recomendable y puede exponer innecesariamente su hogar a sustancias químicas nocivas.

Atentamente,

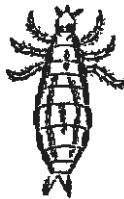
Servicios de Salud

Head Lice Information for Parents

Parents, your importance in the control of head lice is crucial in preventing outbreaks in the school setting. Head lice are easily acquired in the community and are usually not identifiable for weeks to months after exposure. Having head lice will not lead to any other disease, nor does it mean your child is dirty. This condition, though troublesome, should not be the basis of irrational or unkind reactions.

You can help by understanding what head lice are, how you get it, how to prevent it, how to detect it, and how to treat it.

What are head lice?



Head lice are tiny, wingless, tan/brown insects that live and breed in human hair. They are about the size of a sesame seed. The eggs, called nits, are easier to see than the lice themselves. The nits are yellowish-white, tear drop shaped, and are firmly attached, at an angle to the hair shaft close to the scalp behind the ears and on the back of the neck. Dandruff, lint, and hair spray globules can easily be brushed from hair and can be mistaken for nits. Unlike dandruff, nits are difficult to remove and cannot be brushed away. Lice crawl slowly and cannot crawl long distances. **They do not fly, hop, or jump.** They survive by piercing the skin to feed on blood. Skin irritation at the feeding site causes itching. While head lice are a nuisance it does not pose a significant health hazard and they are not known to spread disease.

How do lice spread?

Lice are primarily spread by direct hair-to-hair contact, and less frequently through shared items such as combs, brushes, scarves, hats, headphones, sleeping bags, and stuffed animals. Lice may also be transmitted through shared bedding such as pillows, pillowcases, sheets, and blankets. Lice cannot survive away from the head for more than 24-48 hours. However, the nits can survive off the body for a week or more but in order to survive they must get back on the head soon after they hatch. You cannot catch head lice from or give them to pets.

How do you prevent head lice?



- Teach children not to share combs, brushes, hats, and coats.
- Do not try on other people's hats (not even in department stores).
- Teach children to hang coats separately – placing hats and scarves inside of coat. Check your child's hair if he/she frequently scratches the head or complains about itching.
- Getting rid of lice as soon as they are found can prevent them from spreading in your home.

How are lice detected?

The first clue that a child has head lice is frequent scratching of the scalp. To check for infestation, carefully examine the hair around the back of the neck and behind the ears. Since head lice shy away from light, you may only see the eggs (nits), small whitish ovals of uniform size (teardrop shape) attached to the hair shaft.



How are lice treated?



Successful treatment needs to concentrate on removing/killing lice on the child and on the removal of the nits.

Several products are available to treat head lice. These are either shampoos or cream

rinses. Some can be purchased over-the-counter while others need a prescription. These medicated shampoos and rinses should not be used on infants because the medicine is absorbed through the skin and can affect the brain.

It is important to follow the instructions on the medicine exactly. Many of the treatments must be applied to dry hair to be effective. After the initial treatment, comb or pick out all the nits with a fine tooth nit comb. Combing should be repeated daily until no lice or nits are seen. A second treatment is recommended 7-10 days after the initial treatment. Only those family members with lice or nits should be treated.



Do not use a cream rinse, combination shampoo/conditioner, or conditioner before using lice medicine. Do not re-wash the hair for 1-2 days after the lice medicine is removed.

How to treat the environment

In addition to treating those with lice, the home also needs to be addressed by:



Checking everyone in the household at the same time, prior to cleaning the environment.

Washing clothing and bed linens in hot water. Items should be washed for at least 10 minutes at a water temperature of 130-140°F. Dry items on high heat for at least 30 minutes.

Vacuuming your upholstered furniture, carpet, floors, stuffed animals, coat collars, hats, bare mattresses, car upholstery and child car seats. Soaking your combs, brushes, and hair accessories in boiling water for 10 minutes. If items cannot be exposed to heat, soak them in Lysol, rubbing alcohol or a pediculicide for one hour.

Items that cannot be washed or vacuumed, such as stuffed animals, can be placed in a tightly closed plastic bag for 14 days at room temperature or 24 hours in below freezing temperatures.

All of the above tasks should be completed on the same day for increased success in eliminating head lice.

Spraying or fogging a home with insecticides or pediculicides is **NOT RECOMMENDED**, and may be harmful if used in a poorly ventilated area.

Información de los piojos para los padres

Los padres , su importancia en el control de los piojos de la cabeza es crucial en la prevención de brotes en el ámbito escolar . Los piojos son fácilmente adquiridos en la comunidad y por lo general no son identificables durante semanas a meses después de la exposición . Tener piojos no conducirá a ninguna otra enfermedad , ni tampoco significa que su niño está sucio. Esta condición , aunque molesto, no debe ser la base de las reacciones irrationales o poco amables .

Usted puede ayudar mediante la comprensión de lo que los piojos son , cómo se obtiene, cómo prevenirlo , cómo detectarlo y cómo tratarlo.

¿Qué son los piojos?

Los piojos son pequeños , sin alas , moreno / insectos marrones que viven y se reproducen en el cabello humano .

Son aproximadamente del tamaño de una semilla de sésamo . Los huevos, llamados liendres , son más fáciles de ver que los piojos mismos . Las liendres son de color amarillento - blanco, lágrima en forma de gota, y están firmemente adjunta , en un ángulo al eje del pelo cerca del cuero cabelludo detrás de las orejas y en la parte posterior del cuello . Caspa , pelusa , y laca para el cabello glóbulos pueden ser fácilmente cepillado del cabello y pueden confundirse con liendres. A diferencia de la caspa, las liendres son difíciles de eliminar y no se pueden cepillar lejos . Crawl Lice lentamente y no pueden arrastrarse a largas distancias . No vuelan , salto o saltar. Sobreviven gracias a la perforación de la piel para alimentarse de sangre . Irritación de la piel en el sitio de alimentación provoca comezón. Aunque los piojos es una molestia que esto no representa un riesgo significativo para la salud y no se conocen casos de transmisión de la enfermedad .

¿Cómo se propagan los piojos?

Los piojos se propagan principalmente por el pelo directo - a - el contacto del pelo, y con menor frecuencia a través de elementos compartidos como peines , cepillos, bufandas , sombreros , auriculares, sacos de dormir, y animales de peluche . Los piojos también se puede transmitir a través de la ropa de cama compartida tales como almohadas , fundas de almohadas , sábanas y mantas. Los piojos no pueden sobrevivir lejos de la cabeza durante más de 24 - 48 horas . Sin embargo , las liendres pueden sobrevivir fuera del cuerpo durante una semana o más, pero con el fin de sobrevivir deben volver en la cabeza poco después de su eclosión. Usted no puede contraer piojos o darles a los animales domésticos .

¿Cómo se previene los piojos?

- Enseñe a los niños a no compartir peines, cepillos, sombreros y abrigos.
- No intentar en los sombreros de otras personas (ni siquiera en los grandes almacenes).
- Enseñe a los niños a colgar abrigos separado - colocando sombreros y bufandas dentro de abrigo. Revise el cabello de su hijo si él / ella con frecuencia se rasca la cabeza o se queja de picazón.
- deshacerse de los piojos , tan pronto como se encuentran puede evitar que se propaguen en su hogar.

¿Cómo se detectan los piojos?

El primer indicio de que un niño tiene piojos en la cabeza es el rascado permanente del cuero cabelludo. Para comprobar para la infestación , examinar cuidadosamente el pelo alrededor de la parte posterior del cuello y detrás de las orejas. Desde piojos tímido lejos de la luz , sólo puede ver los huevos (liendres) , pequeños óvalos blanquecinos de tamaño uniforme (forma de lágrima) , adheridos al tallo del cabello.

¿Cómo se tratan los piojos?

El éxito del tratamiento tiene que concentrarse en la eliminación / matar a los piojos en el niño y en la eliminación de las liendres .

Varios productos están disponibles para tratar los piojos. Estos son o bien champús o aclarados crema. Algunos se pueden comprar a través de - el - mostrador mientras que otros necesitan una receta médica. Estos champús y enjuagues medicamentosos no deben utilizarse en niños debido a que el medicamento se absorbe por la piel y puede afectar el cerebro .

Es importante seguir las instrucciones de la medicina exactamente . Muchos de los tratamientos se debe aplicar sobre el cabello seco para ser eficaz . Después del tratamiento inicial , el peine o recoger todas las liendres con un peine de dientes finos . Peinar deben repetirse todos los días hasta que no piojos o liendres se ven. Se recomienda un segundo tratamiento 7-10 días después del tratamiento inicial . Sólo los miembros de la familia que tengan piojos o liendres deben ser tratados.

No use una crema de enjuague , la combinación de champú / acondicionador , o acondicionador antes de usar el medicamento para piojos . No volver - lavar el cabello durante 1 - 2 días después de retirar el medicamento para piojos .

Cómo tratar el medio ambiente

Además de tratar a las personas con piojos, la casa también debe ser abordado a través de:

- Comprobación de todos en el hogar , al mismo tiempo , antes de limpiar el medio ambiente.
- Lavado de ropa y ropa de cama o en agua caliente. Las prendas deben lavarse por lo menos 10 minutos a una temperatura de agua de 130 a 140 ° F. Escurra y deje secar a fuego alto durante al menos 30 minutos.
- Pasar la aspiradora o sus muebles tapizados , alfombras, plantas, animales de peluche , el cuello del abrigo , sombreros , colchones desnudos , tapicería del coche y los asientos de coche para niños . Remojar los peines , cepillos y accesorios para el cabello en agua hirviendo durante 10 minutos. Si los artículos no pueden ser expuestos al calor , remojar en Lysol , alcohol o un pediculicida durante una hora.
- Los artículos que no se puedan lavar o aspirado , como animales de peluche , pueden ser colocados en una bolsa de plástico bien cerrada durante 14 días a temperatura ambiente o 24 horas en temperaturas bajo cero.
- Todas las tareas se terminen en el mismo día para un mayor éxito en la eliminación de piojos de la cabeza .

La pulverización o nebulización de una casa con insecticidas o pediculicidas no es recomendable, y puede ser dañino si se usa en un área con poca ventilación.



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SUPERINTENDENT
Dr. Deborah A. Flores

BOARD OF EDUCATION
Tom Bundros♦Mark Good♦Patricia Midtggaard
James Pace♦Dom Payne♦Jaime Rosso♦Fred Tovar

LICE FOUND IN THE CLASS

Dear Parent/Guardian:

Date: _____

A case of head lice has been found in your child's class. The parents of all students in the class are being notified via this letter. Head lice are easily acquired in the community and are usually not identifiable for weeks to months after exposure.

**This is not cause for panic.
It is cause for action to be taken to prevent head lice.
Treat/remove any head lice or nits found on your child's head.**

It is extremely important for you to check your child's head TODAY. Keep checking every 2 days for 10 days to make sure no head lice are found.

The best way to prevent transmission:

- ⇒ Teach children not to share combs, brushes, hair accessories, hats, scarves, headsets, or any other personal headgear.
- ⇒ Do not try on other people's hats (even at department stores).
- ⇒ Teach children to hang coats separately-placing hats and scarves inside coat/jacket sleeves.
- ⇒ Conduct regular checks of your child.

If head lice/nits are found on your child:

- ⇒ Check others in the household for signs of head lice or nits. If found, complete remaining steps on all infested individuals.
- ⇒ Use an effective head lice treatment.
- ⇒ Remove nits from the head by combing. This is the most important lice control measure. Complete nit removal is time consuming but is critical for successful treatment.
- ⇒ Remove all of the lice and nits from the environment by washing or vacuuming. There is not need to spray pesticides at home as they may unnecessarily expose your household to harmful chemicals.
- ⇒ Perform daily head checks and remove nits for 3 weeks until head lice are gone. Continue to check your child weekly to detect re-infestation.

For more information regarding head lice please feel free to contact the school office or your local Health Department. Information on Head Lice, including detecting and treating head lice can also be found at: <http://www.cdc.gov/lice/head/index.html>.

If you have difficulty getting rid of the head lice on your child, please contact your child's health care provider.

Sincerely,

Health Services



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PIOJOS SE ENCUENTRA EN LA CLASE

Estimado Padre / Tutor:

Fecha: _____

Un caso de piojos de la cabeza se ha encontrado en la clase de su hijo. Los padres de todos los estudiantes en la clase están siendo notificados a través de esta carta . Los piojos son fácilmente adquiridos en la comunidad y por lo general no son identificables durante semanas a meses después de la exposición .

Esto no es motivo de pánico.

Es causa de medidas que deben adoptarse para prevenir los piojos .

Tratar / eliminar cualquier piojos o liendres que se encuentran en la cabeza de su hijo.

Es muy importante para que usted compruebe la cabeza de su hijo hoy . Mantenga el control cada 2 días durante 10 días para asegurarse de que no hay piojos de la cabeza se encuentran .

La mejor manera de prevenir la transmisión :

- ⇒ Enséñele a los niños a no compartir peines , cepillos, accesorios para el cabello , sombreros, bufandas , audífonos o cualquier otro arnés personal.
- ⇒ No trate en los sombreros de otras personas (incluso en los grandes almacenes) .
- ⇒ Enséñele a los niños a colgar abrigos separado de colocación de los sombreros y bufandas dentro de las mangas de la capa / de la chaqueta .
- ⇒ Conducta controles periódicos de su hijo.

Si los piojos / liendres se encuentran en su hijo:

- ⇒ Consulta otros en el hogar en busca de signos de piojos o liendres. Si lo encuentra, complete los pasos restantes en todas las personas infestadas.
- ⇒ Utilizar un tratamiento efectivo piojos.
- ⇒ Quite las liendres de la cabeza por el peinado . Este es el control de los piojos más importante medir . La eliminación completa de liendres es mucho tiempo, pero es fundamental para un tratamiento exitoso .
- ⇒ Retirar todos los piojos y liendres del entorno mediante lavado o pasar la aspiradora. No hay necesidad de rociar pesticidas en el hogar , ya que pueden exponer innecesariamente su hogar a sustancias químicas nocivas .
- ⇒ Realizar comprobaciones diarias de cabeza y quite las liendres por 3 semanas hasta que los piojos se han ido. Continúe revisando su hijo semanalmente para detectar la re-infestación .

Para obtener más información sobre los piojos no dude en ponerse en contacto con la oficina de la escuela o su Departamento de Salud local. Información sobre los piojos , incluyendo la detección y el tratamiento de los piojos de la cabeza también se puede encontrar en : <http://www.cdc.gov/lice/head/index.html>.

Si tiene dificultades para deshacerse de los piojos de la cabeza de su hijo, por favor póngase en contacto con el médico de su hijo.

Atentamente,

Servicios de Salud



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PARENT/GUARDIAN EDUCATION

Dear Parents/Guardians

We are sending this letter to all parents to increase head lice awareness so that you may take steps at home to help prevent your child from becoming infested with head lice. Any time children come together, particularly at the start of the school year, or any social grouping, head lice cases commonly increase. Please encourage your child not to share or trade personal items such as hats, combs, brushes, headbands, clips, as well as helmets or headphones with foam protectors.

Direct, physical, hair-to-hair contact is the usual method of transmission. Lice do not jump, fly or swim. They are, however, good crawlers. Check your child's head weekly for lice and/or nits (eggs). Mature lice, which are the size of a sesame seed, avoid light and are hard to see. Lice eggs or "nits" are usually found close to the scalp-usually within $\frac{1}{4}$ inch. The nits are yellowish-white, tear drop shaped, and are firmly attached at an angle to the hair shaft close to the scalp behind the ears and on the back of the neck. They cannot easily be flicked away as dandruff can. Head lice do not transmit disease and are not a serious medical condition. They cannot survive on pets. If you find head lice on your child keep him or her home until properly treated. This should be no longer than 24 hours. Continue to examine all family members for 3 weeks and treat if live lice or nits close to the scalp are found.

CHECK REGULARLY – TREAT QUICKLY Keep Head Lice Off Your Child

For more information regarding head lice please feel free to contact the school office or your local Health Department. Information on Head Lice, including detecting and treating head lice can also be found at: <http://www.cdc.gov/lice/head/index.html>.

Thank you for your help and support.

Sincerely,
Health Services



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PADRE / TUTOR DE EDUCACIÓN

Estimados Padres / Tutores

Estamos enviando esta carta a todos los padres para aumentar el conocimiento de piojos para que pueda tomar medidas en casa para ayudar a evitar que su hijo se convierta en infestada de piojos. Cualquier tiempo que los niños se reúnen, sobre todo al inicio del año escolar, o cualquier grupo social, los casos de piojos generalmente aumentan. Por favor anime a su hijo a no compartir o intercambiar artículos personales como sombreros, peines, cepillos, diademas, clips, así como los cascos o auriculares con protectores de espuma.

Direto físico, contacto , - pelo a cabello es el método usual de transmisión . Los piojos no saltan, vuelan o nadan. Ellos son, sin embargo, buenos rastreadores. Revise semanalmente la cabeza de su hijo para piojos y / o liendres (huevos). Los piojos maduros, que son del tamaño de una semilla de sésamo, evitan la luz y son difíciles de ver. Los huevos de piojos o "liendres" se encuentran generalmente cerca del cuero cabelludo - por lo general dentro de $\frac{1}{4}$ de pulgada. Las liendres son de color amarillento - blanco, lágrima en forma de gota, y están firmemente unidos en ángulo con el eje del pelo cerca del cuero cabelludo detrás de las orejas y en la parte posterior del cuello. Ellos no pueden ser fácilmente sacudieron como la caspa puede. Los piojos no transmiten enfermedades y no son una condición médica grave. No pueden sobrevivir en las mascotas. Si encuentra piojos en su niño que él o ella en casa mantener hasta que sea tratada adecuadamente. Esto debe ser no más de 24 horas. Continuar examinando todos los miembros de la familia durante 3 semanas y tratar si se encuentran piojos vivos o liendres cerca del cuero cabelludo.

REVISAR REGULARMENTE - TRATAR RÁPIDAMENTE Mantenga los piojos a su niño

Para obtener más información sobre los piojos no dude en ponerse en contacto con la oficina de la escuela o su Departamento de Salud local. Información sobre los piojos, incluyendo la detección y el tratamiento de los piojos de la cabeza también se puede encontrar en: <http://www.cdc.gov/lice/head/index.html>.

Gracias por su ayuda y apoyo.

Atentamente,
Servicios de Salud

10 Days to Freedom from Head Lice

DAY 1

- ✓ Notify or check all exposed friends and family members
- ✓ Treat only those who are infested with live lice or have evidence of nits
- ✓ Wash all bedding, clothing, and toys in hot water (130° F) and dry on high heat for 30 minutes. Items that cannot be washed should be stored in a tightly sealed garbage bag for 2 weeks or placed in a freezer for 24 hours.
- ✓ Vacuum all carpeting, furniture and car upholstery

DAY 2

- ✓ Vacuum
- ✓ Check all members of home for nits that may have been missed
- ✓ Comb/pick nits out of hair

DAY 3

- ✓ Vacuum
- ✓ Check all members of home for nits that may have been missed
- ✓ Comb/pick nits out of hair

DAY 4

- ✓ Vacuum
- ✓ Check all members of home for nits that may have been missed
- ✓ Comb/pick nits out of hair

DAY 5

- ✓ Vacuum
- ✓ Check all members of home for nits that may have been missed
- ✓ Comb/pick nits out of hair

DAY 6

- ✓ Vacuum
- ✓ Check all members of home for nits that may have been missed
- ✓ Comb/pick nits out of hair

DAY 7

- ✓ Vacuum
- ✓ Check all members of home for nits that may have been missed
- ✓ If nits or lice are still seen, repeat treatment if indicated by instructions

DAY 8

- ✓ Vacuum
- ✓ Check all members of home for nits that may have been missed
- ✓ Comb/pick nits out of hair
- ✓ If nits or lice are still seen, repeat treatment if indicated by instructions unless this was done on day 7

DAY 9

- ✓ Vacuum
- ✓ Check all members of home for nits that may have been missed
- ✓ Comb/pick nits out of hair
- ✓ If nits or lice are still seen, repeat treatment if indicated by instructions unless this was done on day 7 or 8

DAY 10

- ✓ Vacuum
- ✓ Check all members of home for nits that may have been missed
- ✓ Comb/pick nits out of hair
- ✓ If nits or lice are still seen, repeat treatment if indicated by instructions unless this was done on day 7, 8 or 9

Some lice treatments may indicate a second treatment after 7 to 10 days. Please follow the manufacturer's instructions carefully and only apply when it is suggested.

References/Resources

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Photos of Pediculosis (Head Lice)
<http://www.dermnet.com/Pediculosis--->

Acknowledgements

Parts of this document are derived and adapted from the following for use by Gilroy Unified School District:

Canyons School District "Head Lice Protocol & Guidelines for Schools"

Dieringer School District "Head Lice Policy/Procedure"

Harrison County Board of Education "Lice Management Protocols"

Michigan Head Lice Manual: www.michigan.gov/documents/Final Michigan Head Lice Manual 106828 7.pdf

Illustrations are from the Nix product brochure, Insight Pharmaceuticals.

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