

Lice: What You Need to Know!



Head Lice have always been common among children in the communities and at schools, just like the common cold. Just like no school is free of the common cold, no school is free of lice.

What do the Experts Recommend?

According to the CDC and American Academy of Pediatrics, head lice do not carry or spread disease. Unfortunately, they are more of an annoyance than a danger to our students. It takes around seven to twelve days for Lice to lay and hatch eggs. Students have usually had lice for about two weeks before symptoms arise. Because of this, there is no need to immediately exclude the child from school but will be done at the end of the day. **“No-nit policies” are not recommended.** Research has shown that this does not control outbreaks and can be more detrimental to the student’s education.

How do They Spread?

Lice spread from **direct head-to-head contact** with infested hair. Objects that students share (hats, combs, hoods, pillows, etc.) are a possible mode of transmission but are **uncommon**. This is because lice like to stay as near to the scalp, their blood supply, as possible. Lice cannot jump from object to object, they can only crawl.

District Protocol

1. If lice or nits are found, the parent will be confidentially notified. School will provide information on proper treatment. The student will be excluded at the end of the day and can return after treatment (the following day).
2. Parents of children with lice are encouraged and should notify other parents of close friends. Parents will not be notified from the school of students with lice, as this is a violation of privacy.
3. Students with lice may be checked at school when they return.
4. Evidence does not support school-wide screenings.

Treatment

Those with active lice need to be treated. Close family members and friends should be checked for nits or lice. **Treatment options can be found over the counter, follow directions on the box. To be most effective with treatment, retreatment is recommended 7-10 days after the initial treatments.** This is because some over the counter options only kill active lice and some only kill eggs.

Supplemental measures:

1. All towels, hats, scarves, pillowcases, clothing used within a 48-hour time frame before treatment can be washed using the hot water and hot air cycles.
2. Seal items that cannot be laundered in a plastic bag for two weeks.
3. Vacuuming furniture or floors that may have infested person's hair on them.

Prevention

1. **Routinely perform lice checks on your children (link to YouTube video provided)**
2. Avoid head-to-head contact during play and activities.
3. Do not share clothing (hats, coats, scarves, headbands, bows)
4. Do not share combs, brushes or towels.

For more information please refer to the Davis School District Policy on Lice.

<https://www.cdc.gov/parasites/lice/head/treatment.html>

<https://www.cdc.gov/parasites/lice/head/schools.html>

<https://patiented.solutions.aap.org/handout.aspx?gbosid=166498&username=officite&password=webS1te>

<https://www.youtube.com/watch?v=bwwNwzZuv-g>