

Lice information from our District Nurse

Dear Parent,

As we prepare to return to school following a long break, and whenever a case of head lice is reported at school, it is a good opportunity to educate families on the benefit of making *periodic head checks* in the home, a part of your school aged child's healthy routines.

Ideally, students should be screened for head lice at home prior to returning to school following a school vacation, such as after summer, winter, or spring break. This is the most common time (*during vacation from school*), that children develop an infestation.

A copy of the brochure, "A Parent's Guide to Head Lice", is available by clicking on the link below.

From the California Department of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/AParentsGuidetoHeadLice.pdf>

(This brochure is on the CDPH website)

The attached brochure provides information to help parents understand how to identify and treat head lice. Children are allowed at school if louse free, but the hair should be treated again the following week. Because it takes six to nine days for nits to hatch, an infested child should be re-examined the following week for the presence of live lice.

Head lice do not transmit disease, but they are a nuisance. Parents can find it upsetting to learn that their child or a classmate has become infested with lice, but having head lice is a fairly common problem and has nothing to do with hygiene or good parenting. In fact, good health and hygiene habits or a clean house or school have nothing to do with getting head lice.

If you or your child has head lice, it is important to treat right away.

If you discover that your child has head lice, please notify the school health office **by selecting option 5 when you call the office**. This will enable us to remind families to check their children for head lice.

For more information:

- **Contact the school health office, district nurse, district website &**
- **Web resources listed below**

BEWARE of rampant **internet misinformation** and **unnecessary over priced lice treatment services**. The internet links that are provided here are research based, with scientifically supported information.

From the Centers for Disease Control (CDC)

* CDC Head lice web link below- **Shows pictures of what to look for when doing a head check.**

http://www.cdc.gov/parasites/lice/head/gen_info/faqs.html#appear

Listen to an Audio Podcast From the Centers for Disease Control (CDC)

<http://www2c.cdc.gov/podcasts/player.asp?f=9940> (scroll down to the middle of the page:

Press Play to listen to this CDC Podcast - Running time = 3:01)

From the Centers for Disease Control (CDC)

<http://www.cdc.gov/parasites/lice/head/parents.html>

Treatment schedule for Head Lice--- The Process Looks Like This:

Check the scalp around 1) the nape of the neck, 2) behind the ears, 3) then across the scalp from side to side... if live lice are seen →shampoo with lice killing product, →comb & pick nits for the next week, →re-treat with lice killing product in one week → continue to nit pick/comb and check the head for re-infestation the following week, →re-treat if live infestation is still present, → see chart below.

Week 1	Day 1 Live lice Treat with lice killing shampoo ** (see 1-2-3 below.)	Day 2 Comb & Pick nits** every day of the week	Day 3 Continue to...→ Comb & Pick nits every day of the week	Day 4 Continue to...→ Comb & Pick nits every day of the week	Day 5 Continue to...→ Comb & Pick nits every day of the week	Day 6 Continue to...→ Comb & Pick nits every day of the week	Day 7 Continue to...→ Comb & Pick nits every day of the week
**	<ol style="list-style-type: none"> 1. Your child may return to school when lice are no longer present. 2. Continue to check, pick and comb for nits all week long (a little at a time). 3. Children are allowed at school with nits, but nit removal is advised to reduce social stigma. 						
Week 2	Day 8 Re-treat Hair with lice killing shampoo 7- 10 days following day 1	Day 9 Continue to...→ Comb & Pick nits every day of the week	Day 10 Continue to...→ Comb & Pick nits every day of the week	Day 11 Continue to...→ Comb & Pick nits every day of the week	Day 12 Continue to...→ Comb & Pick nits every day of the week	Day 13 Continue to...→ Comb & Pick nits every day of the week	Day 14 Continue to...→ Comb & Pick nits every day of the week
Week 3	Day 15 Check Hair... there should be no more live lice or nits.	<ol style="list-style-type: none"> 1. If there are live lice, return to schedule for day 1 – 14. 2. If there are nits, continue to comb and pick them out. 					
Week 4	Day 22 Check Hair... there should be no more live lice or nits.	<ol style="list-style-type: none"> 1. If there are live lice, return to schedule for day 8 2. If there are nits, continue to comb and pick them out. 					
Week 5	Day 29 If there are still live lice on this day → ...→...→	Consider a medical office visit for a prescription strength agent.					