



TRACY
UNIFIED SCHOOL DISTRICT

DEPARTMENT OF HEALTH SERVICES

1975 W. Lowell Ave.
Tracy, CA 95376-2238
(209) 830-3241 (209) 830-3242 fax

"The future belongs to the educated"

NOTICE OF EXCLUSION-HEAD LICE

CHILD NAME: _____ Date: _____

Dear Parent or Guardian:

Evidence of head lice (pediculosis) was found in your child's hair today and we are required by Tracy Unified School District Board Policy 5141.33, to exclude your child from school. He/She may return to school after treatment.

Special medicated shampoo or crème rinse may be obtained through your private doctor, or local public health department. Non-prescription medicated shampoo may be purchased at your local drugstore. Follow the directions carefully.

All persons in the household must be examined and if necessary, treated at the same time. The home environment must also be cleaned thoroughly.

READMISSION TO SCHOOL:

1. Follow instructions for the treatment and removal of head lice listed on the back of this form.
2. Child must check into school office the next day to be examined and readmitted.
3. The child will be sent home if live lice are found.

Head lice are a community problem which can be controlled with adequate treatment, removal of nits from the hair, and weekly examination for re-infestation. Our goal at Tracy Unified is to provide you with the information you need to safeguard your child's health and ensure that his or her education is not disrupted but remains the most positive experience possible. I hope you find this information useful and thank you for your cooperation.

Sincerely,

School Principal

School

Telephone

PLEASE READ REVERSE SIDE



TRACY
UNIFIED SCHOOL DISTRICT

DEPARTMENT OF HEALTH SERVICES

1975 W. Lowell Ave.
Tracy, CA 95376-2238
(209) 830-3241 (209) 830-3242 fax

"The future belongs to the educated"

INSTRUCTIONS FOR THE TREATMENT AND REMOVAL OF HEAD LICE

TREATMENT OF HAIR

1. A special medicated shampoo must be used in the treatment of head lice. Medicated shampoo or crème rinse may be obtained through your private doctor or local public health department. Non-prescription medication may also be purchased at your local drugstore.
2. Follow the directions on the label carefully
3. All household members must be examined and if necessary, treated at the same time.
4. Freshly laundered clothes, towels, and combs/brushes must be available for use immediately after shampooing to prevent re-infestation.
5. A second application of the medication may be recommended 10 days after the first treatment.

NIT REMOVAL

1. NO preparation is effective in killing all of the nits (eggs); therefore, all nits must be combed out of hair.
2. Removal is best accomplished by combing the hair with a special fine-tooth nit comb, available at all drugstores.
3. After shampooing, comb hair to remove tangles with a clean comb or brush.
4. Separate a one-inch strand of hair and hold away from the head. Use the special nit comb to slowly and repeatedly comb the strand of hair, from the scalp to the end of the hair, removing all nits.
5. Dip the comb in the medicated shampoo and wipe clean with a tissue. Throw each tissue away in the garbage can.
6. Pin the clean section of hair out of the way. Start the next strand and continue combing strand by strand, until all nits have been removed.
7. If hair dries during this process, wet hair with water. It will take two to three hours of constant combing to remove all nits.
8. After hair is dry, check entire head for any stray nits.

TREATMENT OF HOUSEHOLD ENVIRONMENT

1. Combs and brushes should be either soaked in the shampoo used for treatment for 10 minutes, or in a 2% Lysol solution for one hour, or hot (140°F) water for 10 minutes.
2. Washable bedding and clothing should be laundered in very hot water and dried 20 minutes or longer in a dryer at the highest temperature setting (140°F), or these items should be pressed with a hot iron. Be sure to include sheets, towels, hats, scarves, hair clips, ribbons, dresses, shirts-anything that comes into contact with the hair.
3. Non-washable items such as pillows, blankets, jackets, and stuffed animals should be either dry cleaned, or sealed in plastic bags for 2 weeks, or placed in a dryer at the highest temperature setting (approximately 140°F) for 20 minutes.
4. Upholstered furniture and mattresses should be thoroughly vacuumed. A warm iron should be run next to the cording on mattresses and cushions. (Check for safe temperature)
5. Insecticide application to household objects is usually not necessary, however, special insecticides for use against head lice are available. Follow directions carefully. Do not use these insecticides on humans.

ADDITIONAL FACTS ABOUT HEAD LICE

1. Head lice are tiny blood-sucking parasites which live on the scalp
2. Head lice do not jump or fly. They spread from one infested person to another by direct contact with the hair, or by shared personal items such as combs, brushes, hats, jackets, towels, and bed linens.
3. Signs and symptoms include frequent scratching of the head, possibly with small sores or rash.

If you have questions, contact your local health department or clinic.

Actual size of egg (nit), nymph, and adult head lice compared to a penny



Image Courtesy CDC

California Department of Public Health
Vector-Borne Disease Section
(916) 552-9730
www.cdph.ca.gov
2019



TUSD Health Services
(209)830-3241

A PARENT'S GUIDE TO HEAD LICE



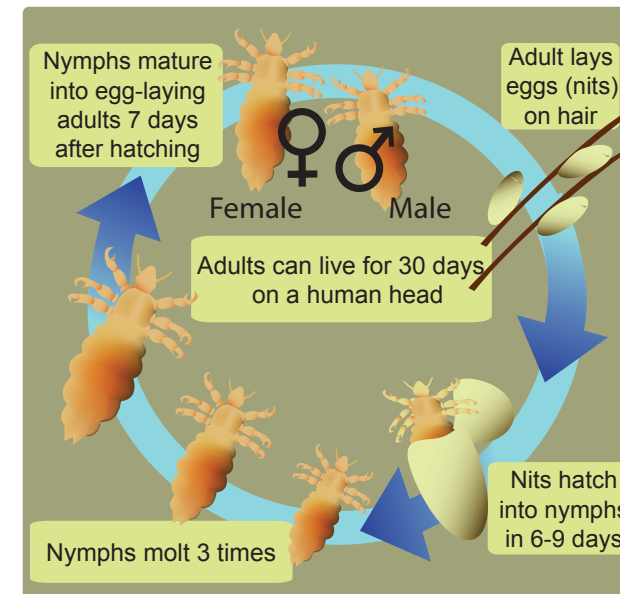
What are head lice?

Head lice are small insects that live in people's hair and feed on their blood. Head lice are common among school-aged children — about 6 to 12 million infestations occur each year in the US.

Lice glue their eggs (also called "nits") to hair. Nits take 6 to 9 days to hatch, and 7 or more days for the lice to become egg-laying adults.

Head lice die quickly (within two days) without feeding, so they cannot live very long away from your child's head.

Development of Head Lice



How do people get head lice?

Children can give head lice to other children from head-to-head contact and sometimes when they share combs, hats, hair clips, clothing, scarves, or other personal items. Head lice are a problem in homes, day care centers, and elementary and preschools.

Children are more likely to get lice from family members and playmates than from classmates at school. **Head lice cannot jump or fly and do not spread diseases.**

How do I know if my child has lice?

If your child has lice, they may complain of a tickling feeling in their hair. Frequent scratching, irritability, and sores on the head from scratching are often common if a child has head lice.

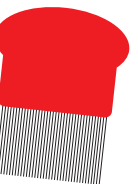
Look through your child's hair to see if they have lice or nits. **Don't confuse dirt or dandruff with nits.** Nits stick on the hair and are usually found near the scalp.

How can I get rid of my child's lice?

Nit combing and removal

If your child has head lice, the best way to get rid of the lice is to comb their hair every day with a nit comb for two weeks.

Nit combs should be metal (not plastic) and have long teeth. Several brands of nit combs are available at your local pharmacy. Metal flea combs found at pet stores may be used as well.



The best way to remove nits is to part the hair into small sections, and comb each section of hair from roots to tip using a nit comb. Keep track of the hair you have combed by pinning it away from the other sections of hair. If lice are found, wipe or rinse the comb before using it again. **It is easier to comb wet hair.**



Any nits that cannot be combed out must be removed. You can do this by picking them out with fingernails or by cutting a single hair between the scalp and where the nits are attached.

Check all family members' hair completely. Common places to find lice are close to the scalp, the neckline, and behind the ears.



Treatments

Permethrin (1%) (Nix®) or pyrethrin are the active ingredients in most over-the-counter head lice treatments. These products kill adult lice, but not nits, so a second treatment may be needed if live (crawling) lice are found 9-10 days after treatment.

Malathion lotion (0.5%) (Ovide®) can be prescribed to kill live lice and may kill some nits. A second treatment may be needed if live lice are found 7-9 days after treatment. (For use only on children 6 years or older.)

Benzyl alcohol lotion (5%) (Ulesfia®) can be prescribed to kill lice on children 6 months and older. A second treatment is usually needed if live lice are found 7 days after the first treatment.

Spinosad (0.9%) (Natroba®) and **Ivermectin** (0.5%) (Sklice®) can be prescribed to kill lice and nits on children 6 months or older. Repeat treatment is only needed if live lice are found 7 days after the first treatment.

**VERY IMPORTANT
TREATMENT INFORMATION**

- Follow the label directions carefully.
- Only treat people who have head lice.
- Do not leave the product on for a longer time than recommended; it will not kill the lice faster.
- Each person with head lice needs a complete treatment; do not split a single box of shampoo between people.
- Even after treatment, you should remove nits daily with a metal nit comb until all nits are completely removed.
- If a few live lice are found the day after treatment, wait at least 7-10 days before treating someone again if they still have head lice. Some products only kill lice and not nits. During the 7-10 day period, continue to remove any lice and nits found.



What if the treatment did not work?

Here are a few reasons the treatment might not have worked:

- The directions on the treatment product were not followed correctly
- The nits were not completely combed out or removed
- The child got head lice again from a playmate
- Lice may not die right away
- The problem was not lice



In rare cases, lice may be resistant to over-the-counter treatments. If lice are still active 8-12 hours after treatment, do not treat again without speaking with your health care provider first.

There is NO proof that the following products work:

- Vinegar
- Products that say they dissolve the glue on the nits "to ease their removal"
- Mayonnaise
- Olive oil
- Tea tree oil



* Use of this product name does not imply commercial endorsement by the California Department of Public Health.

Here are a few other things you can do to get rid of the lice or nits in your home:

- Wash clothing, bedding, and any other items that came in contact with your child 2 days before treatment in hot water (>130°F), then dry on the hottest heat cycle.



- Place combs, brushes, hair bands, and hair clips in hot water (>130°F) for 5-10 minutes, or soak them in rubbing alcohol or a disinfectant (like Lysol®) for one hour.
- Seal items that cannot be washed in plastic bags for 2 weeks to kill lice by preventing them from getting a blood meal.
- Vacuum carpets and furniture in areas where your child sat or laid down.

