

## CVSD Nurse Tips Continued

1. Try to find some quiet and distracting activities for the student to do while completing the process. Try to be as positive as possible in this frustrating situation.
2. Utilizing the best light source possible, use wooden sticks to section off hair, and begin the removal of the nits. If you use a metal comb, make sure the nits are being removed and clean the comb after each use.
3. Continue removal section by section, taking breaks as needed. Use of variety of comb sizes to remove nits.
4. It might be helpful to use a magnifying glass and bright lighting to see tiny nits if you have difficulty with near vision.
5. Daily checking for nits must continue at home for at least two weeks in all members of the household. This is necessary due to the length of life cycle of the lice.

For more information, contact your school nurse:

CV High School	397-5231
CV Middle School	397-1294
Brownstown Elementary	656-6021
Fritz Elementary	397-5246
Leola Elementary	656-2068
Smoketown Elementary	394-0555

## Home Treatment

- Check all members of the household for lice and nits, treating only those family members who have been found to have lice or nits.
- Follow directions carefully, paying close attention about when to re-treat with the product used. Do not use any lice treatment product on children age two or under.
- Check for and remove all nits on a daily basis. Continue this process for at least two weeks. This is the most important step in totally eliminating the problem.
- Machine wash all washable clothing and bedding that the treated person wore or used during the two days prior to treatment. Use the hot water cycle (130 F), and dry using high heat for at least 20 minutes. Stuffed toys that have had close head contact can be put in a sealed plastic bag for two weeks.
- Soak combs, brushes, and other hair care items in rubbing alcohol or Lysol for one hour, or wash vigorously with soap and hot water.
- Vacuum the areas where the treated person usually sits or lays. Upholstered furniture may be lightly ironed, as high heat will kill lice. Do not use spray products.

## Guidelines for Parents When Dealing with Head Lice



Pediculosis, or head lice, is a common parasitic insect that can affect 10 percent of an elementary school population. It can be found on people of all races, age, gender, or socio-economic status. While our school district does not routinely screen for head lice, school nurses will help families understand the treatment process in order to provide control of this issue in an unidentified student. Siblings or friends may be checked at the discretion of the nurse.

## **CVSD Pediculosis Management Guidelines for Parents**

1. Always notify your school nurse if you believe that your child may have head lice. The nurses can assist you in effectively managing this situation.
2. Students will be excluded from school if live lice are detected.
3. If your child is found to have live lice or nits, please treat him/her with a drugstore head lice treatment product. Follow the product directions carefully, and do not re-treat more often than directed on the label. Remember that the drugstore products will kill the live lice, but cannot penetrate the hard outer shell or all the nits (eggs).
4. To remove the nits (eggs), use a metal lice comb or pull them out by hand. If all of the nits are not removed, the life cycle will continue. Nits within 1/2 inch of the scalp will most likely hatch into lice. Nits that are found farther away from the scalp are less likely to mature.

5. It is expected that the student will report to the health room following the completion of treatment. The school nurse will set up a schedule for head lice rechecks. This process is to make sure that a recurrence of the problem does not go unnoticed. Your child may be checked periodically throughout the school year.
6. It is important to continue daily head checks for the entire household following treatment for 10-14 days. This will ensure the life cycle of the insect is eradicated.
7. If treatment with the drugstore product is not successful, please speak to the school nurse about other options.
8. Due to confidentiality, letters will not be sent home to classes if a student is found to have head lice. At the discretion of the nurse, other students and siblings may be checked while at school.

Helpful website with additional information:

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

## **CVSD Nurse Tips for Nit Removal**

There are many lice treatment products available at the drugstore to kill live lice on the scalp, but it is essential to remove all of the eggs (called nits) to eliminate the problem. Even one nit that hatches can result in a new case of lice.

It is important to distinguish between nits and ordinary hair particles or flakes. A nit will seem to be “cemented” onto the hair itself and cannot be flicked off. It can only be removed by pulling down the whole length of the hair. The nits are laid by the louse (one lice) very close to the scalp, and then after they hatch they move further away from the scalp.

### **Supplies needed:**

- Bright lighting
- Use a variety of combs, including a metal comb with very close teeth.
- Wooden sticks to part hair (coffee stirrers, cotton applicators, blunt toothpicks)
- Clean and brushed tangle-free hair
- Heat can assist in eliminating lice, such as hair straighteners.