

Head Lice Recommendations

Materials Needed:

1. Metal lice comb (this can be purchased at any Pharmacy)
2. Plastic Shower cap
3. Mayonnaise or Olive Oil
4. White Vinegar
5. Hair conditioner.
6. Plastic spray bottle

Day 1:

1. Apply mayonnaise or olive oil to the hair in small sections using the metal comb. Start at the nape of the neck, taking small sections at a time and comb each section until you cover the entire head finishing at the hairline of the forehead.
2. Cover the hair with the plastic shower cap for the remainder of the evening and all night if possible.

Day 2:

1. Shampoo hair with regular shampoo.
2. Rinse hair
3. Apply a mixture of white vinegar, conditioner and warm water to the hair using the spray bottle. Comb the mixture through with the lice comb.
4. Rinse hair and dry.

Follow-up:

1. Comb hair nightly with the lice comb always starting at the nape of the neck and progressing to the forehead in small sections. This practice should be repeated for 2-3 weeks or until no nits or lice are found.
2. Check the child's head weekly once the lice infection is resolved.
3. Girls with hair that falls below the shoulder should wear their hair in ponytails, pigtails or braids. This will help to prevent further recurrences.
4. Hair accessories (hair bands, hair ties, barrettes, brushes, combs and clips) should be discarded and new ones purchased if possible. If the accessories cannot be discarded it is recommended that they should be boiled before they are used again. The lice comb also should be boiled between uses.
5. Bed linens, pillows, hats and jackets should be washed in hot water and bleach if possible. Vacuum the mattress during the cleaning. Stuffed toys that the child takes to bed with them should be washed, dried in the drier and bagged for 2 weeks before being used again.
6. It is good practice to notify any close family or friends.
7. This method may be repeated as often as needed without damage to the scalp or head.

(Over)

Other Information you should know:

1. Students do not need to remain out of school for a lice infection.
2. Classroom-wide or school-wide head checks are not merited.
3. Home notices are not sent home from the school.
4. Head lice are not associated with poor hygiene.
5. Lice do not hop or jump
6. Studies have suggested that lice removed by combing and brushing are damaged and rarely survive.
7. Vinegar tends to control the itching
8. The oil and conditioner helps to keep the hair healthy and prevent further infections.

For all other concerns and questions contact your school nurse.