

## **Head Lice Management**

Dealing with head lice can be a most frustrating experience for parents. To make matters worse, head lice have become increasingly resistant to many of the treatments available on the market. It has become very important for families to be vigilant about knowing the signs of infestation and the appropriate ways to manage the problem should you discover your child has head lice. The district nurses have found the following resources to be extremely helpful.

[CDC Head Lice Treatment](#)

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## **Head Lice Prevention**

Below is a list of a few simple things parents can do to help prevent their children from getting head lice.

- When you go to the movie theater with your kids, take trash bags to cover the high back-upholstered chairs. Movie theater seats are a major mode of head lice transmission in any community.
- When dining out in public places, try to keep your children from rubbing their head on upholstered high back seats.
- Teach your children not to share hats, combs, hair brushes, pillows, etc.
- Having children with long hair keep it in braids or ponytails during a community outbreak may be of some benefit.
- Make sure that coats and backpacks are stored so that they are not touching each other and keep them laundered regularly.
- It is a good idea to not have “sleepover” parties during an outbreak. When going to social events, church, community events, etc, please try to keep your coat and hats from coming into contact with others.
- Always clean headphones between uses.
- Protective helmets and headgear should be cleaned between uses.
- If you suspect your child may have been exposed to head lice or if you are having problems determining if your child has head lice, please contact your school nurse for assistance.

[CDC Head Lice Prevention](#)