



Head Lice Prevention, Education and Treatment

SBCUSD Board Policy 5141.33 - Head Lice Management

- Students suspected of having lice will be referred to the School Nurse/designee for confidential screening
- If live lice are found, the caregiver is notified and the student is returned to class
- Students will not be excluded from school due to head lice
- The caregiver will be given educational materials and treatment resources or referrals.

Board Policy revisions approved 1/14/25

Want to know more about the new guidance?

CDC Guidance:

<https://bit.ly/4cedH8l>



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What Are Head Lice?

- Small insects that live in people's hair
- Feed on human blood
- Glue their eggs/nits close to the scalp
- Lice Do NOT spread disease



Signs & Symptoms

Signs:



- Eggs/Nits stuck on the hair, especially near the scalp (not to be confused with hair casts, hairspray/gel, dirt or dandruff that can easily be brushed away)
- Lice crawling in the hair

Symptoms:



- Tickling feeling of something moving in the hair
- Itchy head or scalp
- Irritability, frequent scratching
- Trouble sleeping as head lice are most active at night

Want to know more about lice signs & symptoms?

My Lice Advice:

<https://bit.ly/4hY2UAe>



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Where Are Lice Found?

- A typical lice case will have fewer than 10 live lice
- Head lice and nits are most commonly found:
 - On a person's scalp
 - In the hair:
 - behind the ears
 - near the neckline
- Nits that are found close to the scalp are considered active (less than ¼ inch from the scalp)



Preventing Lice

As part of the SBCUSD Lice Management Policy, Caregivers are encouraged to check child's scalp regularly for Signs of Lice and teach children to:

- Avoid head-to-head contact with others
- Do not share personal items (brush, pillow, hat, etc.).
- Do not lie down on other's beds, pillows, or carpets

How Do Lice Spread?

Head Lice:

- They crawl; they do not jump, fly or hop
- Usually spread from prolonged head-to-head contact with a person that has active head lice.
- Are more likely to spread between children during sleepovers, play dates, and family gatherings
- Are less likely to spread at school
- Rarely spread by sharing personal items such as: combs, hats, or sports equipment



Treatments

Treatment should be done only when live lice are seen



- Use an over-the-counter or prescription lice medicine, make sure to follow directions
- Shampoo and rinse the medicine in a sink, not shower/bath
- To remove lice, comb out hair using a fine-toothed nit comb, wiping the comb on a wet paper towel between each comb through
- Repeat the combing process every 2-3 days for 2-3 weeks to be sure all lice and nits are gone.
- Machine wash (hot water) and dry clothing, bedding, and other items the person used 2 days prior to treatment.
- If items cannot be washed - seal in a plastic bag for 2 weeks before using again
- **Be Advised:** Home remedies are not proven effective, can be dangerous and should not be used, such as: kerosene, petroluem jelly, olive oil, or mayonaise



Want to know more about lice treatments?

<https://bit.ly/42e5ZGM>



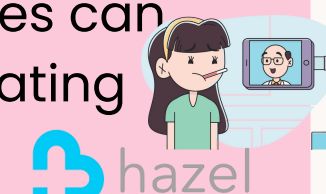
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Resources to Help



School Nurse/Health Aide have treatment resources at schools.

- During a Hazel Health visit, families can receive a prescription for lice-treating shampoo at little or no cost.



Families can see their medical provider to receive a prescription for lice-treating shampoo at little or no cost

Student Head Lice Educational Video:

<https://bit.ly/4jaPeCX>



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Review the Student Wellness & Support Services Department website for more information on Resources for Families:

<https://bit.ly/4ifBy9b>

