

## Head Lice Management Guidelines in Bellingham School District

### Parent Responsibility:

1. Check your student's head before the start of the school year, before returning from school breaks, and monthly.
2. Treat your child with a medically approved product. Follow instructions on packaging. It is unsafe to use kerosene or defoggers for the treatment of lice. Ask your health care provider or pharmacist if you are unsure as to what product to use.
3. If you or the school finds lice please know your child should return to school after appropriate treatment has been initiated.
4. Continue combing and picking for nits daily. It usually takes at least 2 weeks of combing/picking for all nits to be removed.
5. Examine all household members monthly. Do not treat children under the age of 2. If a child under the age of two is affected consult with your health care provider for safe options.
6. Soak brushes, combs, hair clips etc. in hot water (temperature greater than 120 degrees Fahrenheit) for 10 minutes.
7. Because lice cannot live long off of a human head your focus should be on treating the hair and combing for nits instead of treating the environment.
8. The use of environmental sprays is not recommended due to possible toxicity and ineffectiveness.

### Other information that may help:

1. DVD available to check out at your school.
2. List of supplies needed at home and CDC information about Head lice at your school internet site: [For Families-> Health information-> Head lice info.](#) (If you do not have access to the internet, you can obtain copies of this information at your school's office).



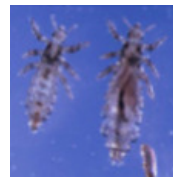
Nit (eggs)



Newborn louse



young louse (nymph)



Adult Louse

- **How lice spread**

- Lice spread through head to head contact.
- Lice may spread when personal items are shared.

- **How to prevent head lice infestations**

- Keep long hair up or in a braid or ponytail.
- Don't share items that have been in close contact with the head. A louse might be hiding in hats, coats, combs, brushes, barrettes, helmets, or pillows, especially if they were recently used.
- Hang coats and backpacks separately. Stuff hats into coat or jacket sleeves.

- **Checking for lice**

- Check your child's head for lice if your child is scratching his head more than usual.
- Lice and lice eggs or nits are very small, so use a bright light & a magnifying glass if you have one. Outdoor light is best.
- It is suggested that families check for lice every week, just in case.

### **The combing and nit picking process**

1. Wet hair in sink. Place a sheet or large towel under the chair and seat the person with head lice in the chair. Remember that nits are very small so make sure that you are in a place with good lighting (sunlight is best).
2. Dry the hair with a towel or hair dryer until it is completely dry. The heat will help loosen the nits from the hair.
3. Wet the hair again and comb out tangles with a regular comb.
4. Part the hair into six sections, or more as needed depending upon the thickness of the hair. Pin sections with clips if necessary.
5. Pick one section. Starting at the top of this section, lift a very thin layer of hair and place the nit comb as close to the scalp as possible. Wetting the hair or using an immobilizing gel while combing may make it easier to remove the lice and nits. Make sure the teeth of the comb are deep into the strands of hair. Pull the nit comb through the strands of hair. Wipe the comb off thoroughly with a tissue after each stroke through the hair.
6. Use headlice Shampoos as directed.

