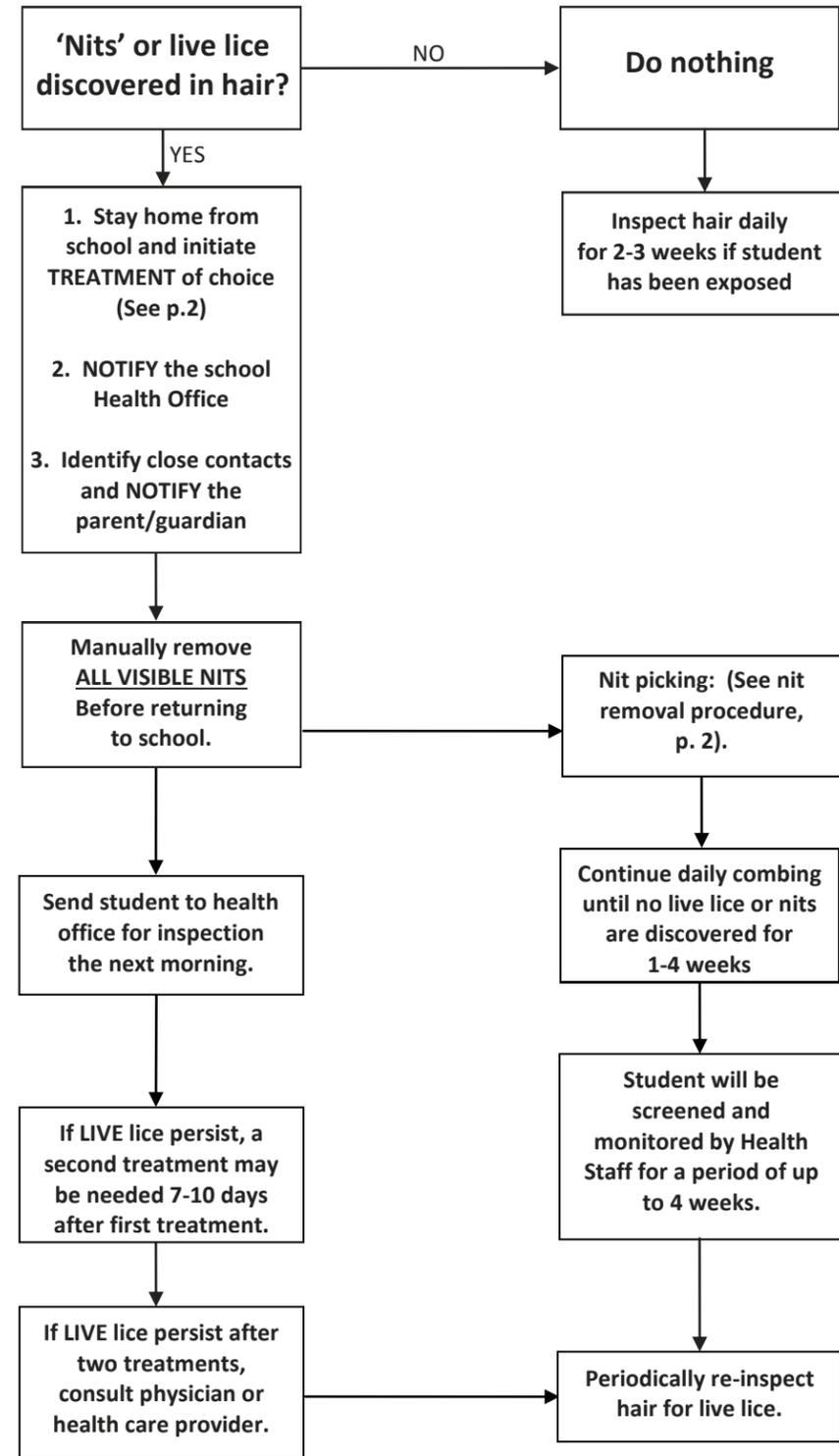


## A COORDINATED APPROACH TO LICE MANAGEMENT AT HOME & SCHOOL



References are provided for the information and diagrams included in this pamphlet.  
Revised October, 2013

# LiceAdvice

This information was developed for parents/guardians to use as a guide in the management of children with head lice. The goal is to inform you of McFarland School district policy, the most effective home treatment plan to eliminate an active case and/or to prevent re-infestation. Contact the District Nurse with questions at 838-4500 ext. 4761 or Public Health Madison and Dane County at 266-4821.

### DISTRICT POLICY

LEGAL REF: WISCONSIN STATUTE 143.12 (1) & (6)  
Presence of live head lice or eggs (before treatment) will constitute exclusion from school. Students will be readmitted when treatment is assured and live lice or eggs are not seen. (Sec. HSS 145.01, Wisconsin Administrative Code)

If nits or eggs are present in the hair 7-10 days after the initial treatment, another treatment will be required. If no nits are present 7-10 days, another treatment is recommended, not required.

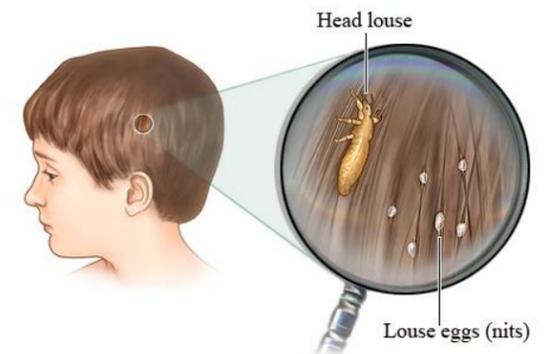
Egg cases or nits present (after treatment) in the hair are not grounds for exclusion unless this is a student's third case within three months or less, the parent or guardian will be informed that the student will be readmitted to school only after his/her hair is nit-free.

### WHAT IS HEAD LICE?

Head lice are tiny, gray-brown, hairy insects that live in human hair on the scalp. The average life span of the louse is 30 days with new eggs hatching every 10 days. Lice hatch from small eggs, called nits that attach firmly to the hair shaft with a glue-like substance. The nits are white in color and are most often found behind the ears and at the nape of the neck. Live lice move by crawling, not flying or jumping. Lice can spread to other people who share the same living and sleeping quarters, hairbrushes, combs, or headgear. The primary symptom of lice infestation is scalp itching.

### PREVENTION AND CONTROL

In the interest of preventing head lice infestation in the School District of McFarland, any student found with live head lice will be sent home. **Home treatment guidelines are listed on the inside.** This 3-STEP treatment plan is recommended for successful elimination and control. The main reason for treatment failure (and thus re-infestation of head lice) is the incomplete removal of lice eggs after lice-killing products are used. Students will be readmitted the next school day after the lice-killing treatment of choice has been completed. The student's hair will be inspected to ensure absence of live lice, and removal of remaining eggs will be expected within the 3 days after the original live louse detection period. It is important for parents to notify day care or places where your child regularly visits to prevent transmission to others. Also, check other family members occasionally for the presence of lice.



# TREATMENT CHECKLIST

## For Heads

- Check each family member's head. Lice can be seen best in a well-lit room or outside.
- Treat everyone who has nits or lice.

## The House

- Wash and dry all bedding and towels on hottest washer setting.
- Wash and dry all clothes that have been worn for the last 3-4 days (on hottest washer setting). Remember jackets, hats, scarves, backpacks, and hair ribbons.
- Vacuum carpets, upholstered furniture, mattresses and seats in your car.
- Place pillows, stuffed animals and other non-washable items in a hot dryer for 30 minutes or seal in a plastic bag for 14 days.
- Soak combs and brushes in HOT water (150 degrees) for 10 minutes, or in lice lotion for one hour.

## The Community

- Report head lice to your child's school or day care.
- Tell your child's friends, neighbors and anyone who has had close contact with your child.

# 3-STEP TREATMENT PLAN

## STEP 1: KILL THE LICE

**Option A:** Use an over-the-counter lice-killing shampoo or cream rinse of your choice. Common brands include NIX™ or RID™. Since these products are toxic, and only 70 – 80 % effective, you should follow up with an oil treatment (see Option B) every four days for a total of 6 treatments in a 21 day period to coincide with the life cycle of a louse. Read the directions carefully and discuss this product with your doctor or pharmacist if you have questions. Apply product to dry hair and follow manufacturers directions. Be careful around the eyes. Do not re-wash hair for 1-2 days after treatment. Do not re-apply pediculicide for 7-10 days and then only if live lice are detected. These products contain pesticides! Do not treat pets. Do not treat family members who are not infested. Do not use these products on pregnant or nursing mothers, infants, or if you have epilepsy.

**Option B:** Use an oil treatment alternative to a pediculicide. Many different oils such as vegetable shortening, mayonnaise or petroleum jelly can be used, however, **OLIVE OIL** appears to be chemically the most effective. Olive oil smothers or suffocates live lice and is a safe, non-toxic treatment. Olive oil treatments should be used every four days for a total of 6 treatments in a 21 day cycle to coincide with the life cycle of a louse.

### OIL TREATMENT PROCEDURE

Saturate hair / scalp with oil and leave on for 8 hours. (Cover with scarf or hat if overnight)

After 8 hours of oil treatment, comb out nits and/or dead lice. (See Step 2)

Shampoo oil out of hair using shampoo or liquid dish washing detergent (like Dawn™).

Carefully, check the hair/head every day and remove nits (eggs). In 7-10 days, repeat oil treatment.

## STEP 2: REMOVE THE EGGS

Egg (also referred to as nits) removal is crucial to eradicating infestation regardless of the treatment option used.

Nits are grayish-white and can generally be found close to scalp.

### NIT REMOVAL PROCEDURE

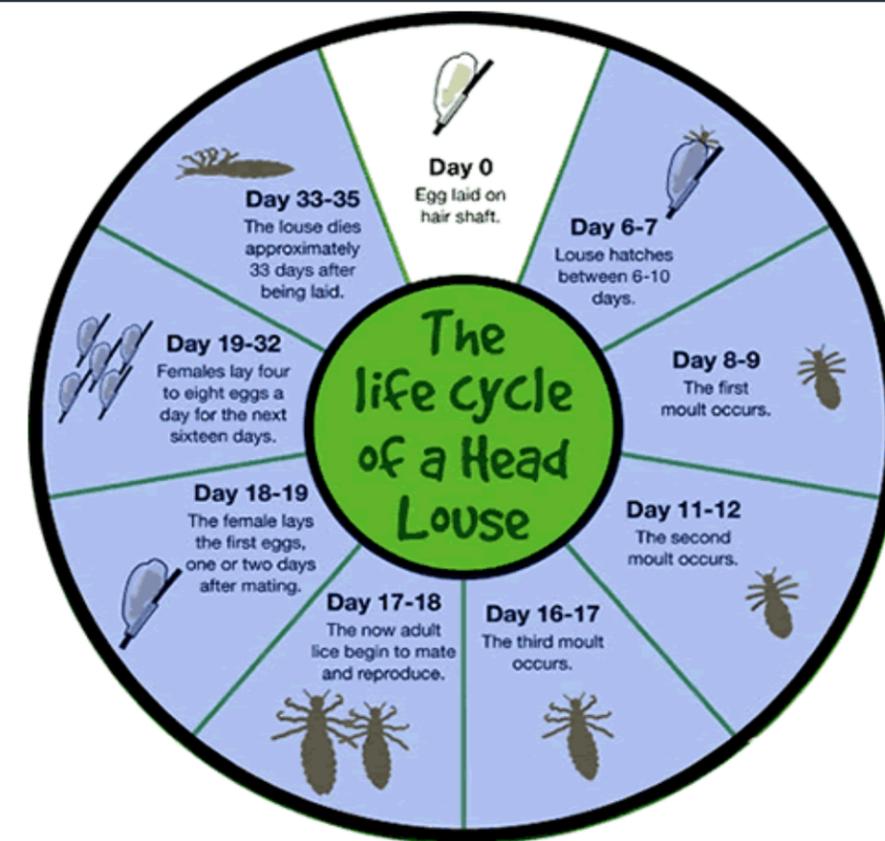
- 1 If **Option A** was used, apply **Clear** conditioner or vinegar to loosen nits. If **Option B** was used, nits will be easier to remove before shampooing.
- 2 Manually remove nits using a nit comb under good lighting. Fine-toothed, **METAL** combs work best. Fingernails or a safety scissors can be used to remove nits on individual hair strands that are strongly attached.
- 3 Divide hair in sections and fasten off the hair not being worked on.
- 4 Clean the comb with hot water and dry with a paper towel between sections. If a live louse is found, remove it with a tweezers or seal it in a piece of scotch tape.

**Check the head daily for three weeks and continue to be diligent removing nits.**

## Step 3: ENVIRONMENTAL CONTROL

- 1 Remove and wash all clothing, bedding, pillow cases, or cloth toys and disinfect by washing in hot water and drying on hot cycle. Insecticide sprays are not recommended.
- 2 Non-washable personal articles of the infested person should be sealed in a plastic bag for two weeks. (Dolls, stuffed animals, etc.)
- 3 Vacuum thoroughly – Pillows, furniture, rugs, car seats, car upholstery, and bare mattresses before new bedding applied. Discard vacuum bag after cleaning.
- 4 Soak combs, brushes, and hair bands in 150° water or lice-killing product for one-hour.

Recently, the medical community has provided updates regarding the treatment of head lice. Please visit this website if you are interested in alternate treatment methods: <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;126/2/392>



MYTH	FACT
The presence of head lice is a sign of poor personal hygiene.	Head lice prefer a clean scalp. Your age, sex, race or how much money you have do not matter.
Only children get head lice.	It is possible for adults to have head lice but children are more susceptible due to close contact in daycare, preschools or schools.
If your head isn't itchy, you don't have lice.	Lice may be in your hair for weeks or months without making you itch. Only 1/3 of people with lice will be scratching.
Long hair encourages lice infestation.	Lice are more interested in your scalp than hair, so cutting hair will not eradicate them.
Head lice can be "caught" from plants, pets and other animals.	Head lice can live on YOU, but can't live on plants, pets or other animals.
Head lice can jump and fly from one person to another.	Lice don't have wings. Lice cannot jump but can run quickly from one head to another "wherever and whenever heads meet."
An itchy scalp following treatment is a sign of treatment failure.	Your scalp may be itchy for up to 10 days after successful treatment. If your head is itchy past 10 days, it may be a sign that lice are still present.
Head lice cause disease. An outbreak of head lice is a public health emergency.	Lice are a nuisance but do not carry germs or spread disease.

FACT vs. MYTH