

## Easy and Inexpensive Head Lice Treatment

### Items needed:

- I bottle plain, white hair conditioner
- I louse/ nit comb
- Hand held blow dryer

1. Comb hair thoroughly with brush or comb.
2. Use conditioner to lubricate hair and use nit comb to comb out live lice. Most lice should be removed during this first combing.
3. REPEAT every 1 to 2 days for 10 days. Each subsequent combing will remove a portion of the remaining lice and some that may have hatched between treatments.
4. CONTINUE daily combing until no live lice are discovered for 7-10 days.
5. Blow dry the hair in sections daily, this will aid in killing the nits. Removal of dead nits is important.
6. Change and launder pillow cases, bedding, pajamas and towels.



Revised By: Van Duyn  
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## LCSD Policy

**Students with suspected cases of lice will be referred to the school nurse or designee for assessment.**

**Students found with live lice will be sent home at the end of the day with information materials and a “lice kit” to aid with elimination of the live lice.**

### REFERENCES:

- American Academy of Pediatrics
- Harvard School of Public Health
- Western Australia Department of Health
- National Association of School Nurses



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## Head Lice Information for Parents and Staff

**Everything you need to know to take on the head lice battle at home.**



**\*LCSD Policy\***  
**\*Head Lice FAQ's\***  
**\*Treatment Suggestions\***  
**\*Why School Nurses No Longer Do Head Checks\***  
**\*Prevention Tips\***

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## Why School Nurses No Longer Do Routine Class Head Lice Checks

- \* **It is usually unreliable:** When many head lice or nits are present in a child's hair, these are easy to see. However, head lice can move at 30 cm per minute, making them very difficult to detect if there are only a few. They are even harder to detect in dry hair and can be easily missed.
- ♦ **It is inefficient:** When one child in a class has head lice, typically no more than 3-5% of the class is found to have lice as well. This means 95-97% of kids in the same class DO NOT have lice and will be checked unnecessarily. This an ineffective use of time and human resources that can be used more productively by creating awareness and continuing education about head lice management in the community.
- ♦ **It detracts from school teaching time:** School time is intended for learning activities. A lot of valuable teaching time can be wasted by doing class head checks that don't always produce good results.

### Tips for Prevention

1. Make head lice checks a regular part of grooming habits.
2. Instruct your children not to share personal items, combs, brushes, etc.
3. Wash hair daily-it may dislodge or damage some lice, but also provides a natural opportunity to check your child's hair.
4. **Most lice cases are not incurred at school.** Be aware of other sources of infestation including visits to other homes, churches, or youth activities.
5. If your child does get lice, don't panic, get upset or try to place blame. Treatment and consistent, daily combing is the key to controlling head lice.

## HEAD LICE FAQ'S

**What are head lice?** Lice are small, wingless insects that feed off the human head. They are grayish-white in color with flattened bodies, and are about the size of a sesame seed.

**What are nits?** Nits are the louse eggs. They are very small, about the size of a poppy seed, and are white to gray in color. A female louse lays 3-5 eggs per day, usually close to the scalp, commonly found behind the ears or on the nape of the neck. The nits hatch close to the scalp so they are close to their first meal. If a nit is found more than 1/4 inch from the scalp it has either hatched or is not viable.

**Is having lice a sign of "uncleanliness"?** No, in fact lice prefer clean hair because it is easier to latch on to.

**What is the life cycle of the louse?** Head lice can survive on a human host for approximately 30 days. A louse cannot survive longer than 24 hours off the human host. A female louse lays up to 3-5 eggs per day. It takes 7-10 days for those eggs to hatch, then another 7-10 days for the louse to mature and lay their own eggs, repeating the cycle.



**Persistence is the key!**

## FAQ'S (Continued)

**Do lice pose a health threat?** No, they are not a source of infectious disease, they are simply a nuisance.

**How did my child get head lice?** Head lice are mainly acquired by direct head-to-head contact with an infested person's hair. Parents should encourage children not to share personal items such as brushes, hats, etc. as well.

Even though the head lice have been transmitted from another infested person, it is very hard to determine from whom or where your child may have acquired head lice. Upon learning of your child's infestation, it is important to focus energy on education and treatment of head lice, rather than pointing fingers and seeking blame. Families are likely to benefit more by ensuring all children and adults in the home are inspected and treated as needed.

Doing routine head checks at home will help you to ensure a reinfestation has not occurred.

**Our staff will not judge you, report you, or tell others if you ask for assistance dealing with head lice. We handle lice in a confidential manner. We realize that anyone can get head lice, and most of us who are parents have been through it at least once ourselves.**