

CONRAD WEISER AREA SCHOOL DISTRICT
SCHOOL HEALTH SERVICES
A PARENT'S GUIDE TO TREATING HEAD LICE

KILL THE LICE

- Use an over-the-counter lice killing agent on the hair. Follow the package instructions carefully. Examples of lice products include RID, NIX or their generic equivalent.
- Do not leave the lice product on the hair longer than recommended. It will not kill the lice faster.
- Check all household members for lice and nits. Treat only people who have head lice.
- Each person with head lice needs a COMPLETE treatment. Do not split a single bottle of treatment product between household members.
- Wait at least 7-10 days before re-treating hair.

REMOVE THE NITS

- Use a special nit comb to remove nits. Metal combs are better than plastic combs.
- For long hair, divide hair into 1 inch sections with hair clips and work on one section at a time, starting at the top of the head. As each section is completed and checked, pin back.
- Nit removal is easiest when the hair is wet. You may need to dampen the hair with a spray bottle to keep hair wet.
- Continue to inspect and comb hair with nit comb every day for 2-4 weeks.

CLEAN THE ENVIRONMENT

- Machine wash all washable personal items such as coats, clothing, towels, bed linens, etc in hot water and dry at least 20 minutes on the HOT cycle in the dryer.
- Store all items that cannot be washed in sealed plastic bags for 2 weeks such as stuffed animals or pillows.
- Vacuum all affected areas thoroughly including carpets, furniture, mattress, & car. Discard the vacuum cleaner bag after you have finished vacuuming.
- Disinfect combs and brushes by soaking in hot water (130 F) for 15 minutes.
- Aerosol Lice Products are not recommended.

RETURNING TO SCHOOL

- Before re-entry into school, your child will need to be cleared by the school nurse. A parent is required to accompany the child to the health room.
- Student will be able to re-enter school after treatment of hair and if the student is free of lice.
- Your child will be checked weekly by the school nurse and will be excluded if lice reoccur and or the number of nits does not decrease in number.

- The school nurse may require the parent to bring the empty bottle of lice product to school to confirm that adequate treatment has taken place.
- Notify your daycare provider and /or all persons who have recently been in contact with your child in your home, at a play date or at a sleepover.

WHAT IF THE TREATMENT DID NOT WORK?

- The nits were not completely removed from the hair and re-infestation occurred.
- A lice killing agent such as RID or NIX was not used for treatment of live lice.
- The directions for treatment of head lice were not followed completely.
- The home environment and personal items were not cleaned completely.
- Consult with your child's doctor about prescription lice treatments if active lice persist beyond 4 weeks.

The following agents ARE NOT effective in treatment of lice:

- Vinegar
- Mayonnaise
- Olive oil
- Tea tree oil