

## SPRINGVILLE SCHOOL DISTRICT HEAD LICE MANAGEMENT PLAN

Springville Community School District will support families by emphasizing prevention, early detection and education as the best method in controlling head lice.

Pediculosis (head lice) represents a common childhood condition an acknowledged “problem,” with raising and caring for children. Community involvement is very important, and families must actively participate at home in the treatment and prevention of head lice. The plan established by Springville Community School District is designed to be family friendly and sensitive to individual needs. Our goal is to support families and keep kids where they need to be...in school. This plan was developed following the recommendations of the Linn County Public Health Department, Iowa Department of Public Health, National Association of School Nurses, American Academy of Pediatrics and Harvard School of Public Health.

<b>The School’s Role in Head Lice Management</b>	<b>Parent/Caregiver Role in Head Lice Management</b>
<ul style="list-style-type: none"> <li>• General classroom screening is not recommended. Regular screening for live lice has not been proven to have a significant effect on the incidence of head lice in a school community overtime (Rollins, 2010)</li> <li>• Students with signs and symptoms of head lice will be referred to the school nurse for evaluation and recommendations for treatment. All attempts will be made to respect each student’s privacy.</li> <li>• All screening activities will be at the discretion of the trained office staff or school nurse.</li> <li>• Families will be notified by school personnel the same day their child has been identified with head lice; the child can remain in class for the full school day or can be dismissed for treatment per discretion of the parent.</li> <li>• Families in elementary and intermediate classrooms where a student has been identified as having lice will be provided written information to monitor and screen their own student.</li> </ul>	<ul style="list-style-type: none"> <li>• Check children at home for head lice as needed</li> <li>• Check household contacts and treat those that have been identified with live head lice or nits within ¼ inch from scalp</li> <li>• Notify others who have had close contact with the child in the past 2-3 weeks</li> <li>• Call the school to report head lice and/or nits found on child</li> <li>• Contact your healthcare provider if <u>two</u> treatment regimens have failed and the child continues to have signs of head lice</li> <li>• Teach children not to share personal items such as hats, combs, hair accessories, etc.</li> <li>• Follow the 14-Day Treatment Brochure “Facts About Head Lice” (Iowa Department of Public Health)</li> <li>• Clean the home including vacuuming the floor and furniture and machine-wash clothing and bed linens. Clean combs and brushes with hot soapy water.</li> </ul>
<b>Everyone’s Role – Know the Facts of Lice</b>	

## QUESTIONS AND ANSWERS ABOUT LICE

### 1. What are head lice?

Head lice are insects that live and feed on the human scalp and lay between 50-90 eggs by attaching them firmly with a glue like substance to the hair shaft. The adult is about the size of a sesame seed and is brown to reddish brown. They move quickly away from light but cannot fly (they have no wings) or jump. Lice die within 24 hours off the head. The eggs hatch in seven days and grow to adulthood in about 2 weeks. They are most commonly found around the ears and along the neckline at the back of the head.

### 2. Where do lice come from?

Head lice are insects that date back many centuries. They do not carry disease.

### 3. How does a person get head lice?

Lice can be spread during direct hair-to-hair contact with a person who has lice. Sharing pillows, brushes, combs, hats or clothes recently used by someone with head lice can also spread lice. Pets do not spread head lice. It is estimated that 95% of cases are spread through person-to-person contact while only 5% comes from indirect contact.

### 4. What are the symptoms of head lice?

Often, the first sign is itching at the back of the head and around the ears. Not everyone will experience itching. If you notice your child repeatedly scratching his or her head, you should examine the head for nits or bugs. Also, irritability and difficulty sleeping can be signs of head lice as they are most active in the dark. Sores on the head caused by scratching can also be a sign and symptom of head lice, which can lead to infections from bacteria on the skin.

### 5. How long does it take for a person to develop symptoms?

It can take up to 2-3 weeks for symptoms to appear. Some people may never develop symptoms.

### 6. Should I treat everyone in the family when my child has lice?

No. If you are using a lice shampoo, treat only those persons with confirmed live head lice or nits within 1/4 inch of the scalp. All household members should be examined when an infestation has been identified and all **affected** members should be treated.

### 7. What is the best way to get rid of lice?

**If your child is identified as having lice, choose a safe and proven lice-killing shampoo. Follow the package directions very carefully. Slowly comb through very small sections of hair with a nit-removing comb. Remove any remaining nits. It is not necessary to cut the child's hair. Follow the Iowa Department of Public Health 14-Day Treatment Plan.**

**8. Do lice shampoos kill the insects and their eggs?**

These products may kill some of the bugs, but do not kill nits (eggs). There is a product available by prescription only called Sklice that has been clinically proven to kill both the live lice and their eggs; contact your healthcare provider for more information on Sklice (Sanofi Pasteur, 2012).

**9. Can I use pet shampoo?**

Animal treatments are not safe or effective.

**10. Do mayonnaise, oil, lotions, creams, vinegar, kerosene, gasoline, or electronic combs really work in treating this problem?**

Some people think these methods are effective in removing nits or bugs, but there is no current scientific evidence to support these practices.

**11. What will prevent my child from getting lice?**

You cannot completely prevent your child from being affected by lice. You CAN instruct your child to avoid sharing personal items with others. Check your child's head periodically for signs of lice.

**12. Should I disinfect/clean the inside of my home?**

It is not necessary to spend a lot of time or money on cleaning your home. A simple cleaning of the home including vacuuming the floor and furniture and machine washing clothing and bed linens is generally all that is needed. For items that are not machine washable or able to be dry-cleaned, placing them in a sealed plastic bag for 2 weeks is sufficient. Items such as combs and brushes should be soaked in hot water for 5 to 10 minutes. Caution is advised when using lice killing sprays as they can be toxic if inhaled or absorbed through the skin.

# 14 DAY TREATMENT FOR HEAD LICE

(Iowa Department of Public Health)

**Treatment:** The Iowa Department of Public Health recommends a 14-day treatment process. You may use over-the-counter products. They are safe and not costly. Mark your calendar to help you keep track of treatment.



Lice at various stages of their life cycle

## Treatment Calendar

<input type="checkbox"/> <u>Day 1</u> Medicated shampoo	<input type="checkbox"/> <u>Day 8</u> Shampoo, condition and COMB
<input type="checkbox"/> <u>Day 2</u> COMB only DO NOT WASH	<input type="checkbox"/> <u>Day 9</u> Shampoo, condition and COMB
<input type="checkbox"/> <u>Day 3</u> Shampoo, condition and COMB	<input type="checkbox"/> <u>Day 10</u> Medicated shampoo
<input type="checkbox"/> <u>Day 4</u> Shampoo, condition and COMB	<input type="checkbox"/> <u>Day 11</u> COMB only DO NOT WASH
<input type="checkbox"/> <u>Day 5</u> Shampoo, condition and COMB	<input type="checkbox"/> <u>Day 12</u> Shampoo, condition and COMB
<input type="checkbox"/> <u>Day 6</u> Shampoo, condition and COMB	<input type="checkbox"/> <u>Day 13</u> Shampoo, condition and COMB
<input type="checkbox"/> <u>Day 7</u> Shampoo, condition and COMB	<input type="checkbox"/> <u>Day 14</u> Shampoo, condition and COMB

## 14 Day Treatment Guidelines

- ✓ The treatment days are scheduled to interrupt the lifecycle of the insect. A **nit comb** should be used to comb the hair and can be bought at most pharmacies.
- ✓ Day 1: Use an over-the-counter medicated head-lice shampoo containing pyrethrin or permethrin. Read and follow all directions on the shampoo.
- ✓ Day 2: COMB hair carefully for 15 minutes from the scalp to the end of the hair. Do not wash hair today.
- ✓ Days 3-9: Wash the hair using your regular shampoo. Rinse. Apply hair conditioner to make the hair slippery. COMB the hair the entire length from the scalp to end of hair. Wipe the comb between each stroke with a paper towel, which removes any lice or nits. Keep hair wet while combing. COMB all hair for at least 15 minutes.
- ✓ Day 10: Use an over-the-counter medicated head-lice shampoo. (to kill any lice that hatched since the previous medication use) Read and follow all directions on the shampoo.
- ✓ Day 11: COMB hair carefully for at least 15 minutes from the scalp to the end of the hair. Do not wash hair today.
- ✓ Days 12-14: Wash the hair using regular shampoo. Rinse. Apply hair conditioner to make the hair slippery. COMB the hair the entire length from the scalp to the end of hair. Wipe the comb between each stroke with a paper towel, which removes any lice or nits. Keep hair wet while combing. COMB all hair for at least 15 minutes.

## REFERENCES

Center for Disease Control website for Lice:

[http://www.cdc.gov/ncidod/dpd/parasites/lice/factsht\\_head\\_lice.htm](http://www.cdc.gov/ncidod/dpd/parasites/lice/factsht_head_lice.htm)

Iowa Department of Public Health Fact Sheet for Head Lice

[http://www.idph.state.ia.us/adper/common/pdf/epi\\_manual/lice.pdf](http://www.idph.state.ia.us/adper/common/pdf/epi_manual/lice.pdf)

Iowa Department of Public Health 14-Day Head Lice Treatment brochure

[http://www.idph.state.ia.us/hcci/common/pdf/headlice\\_brochure.pdf](http://www.idph.state.ia.us/hcci/common/pdf/headlice_brochure.pdf)

National Association of School Nurses Pediculosis Position Statement

<http://www.nasn.org/Default.aspx?tabid=237>

Mottram, P. (2000). Research report on the effectiveness of hair conditioner as a non-chemical agent to control head lice. Brisbane: Queensland Health.

Pollack, R. J., Kiszeweski, A. E., & Spielman, A. (2000). Over diagnosis and consequent mismanagement of head louse infestations in North America. *Pediatric Infectious Diseases* , 19, 689-693.

Rollins, J. A. (2010). Back to school? The 'No Nit' policy. *Pediatric Nursing* , 36 (5), 236-237. Sanofi Pasteur. (2012). Introducing Sklice (Ivermectin) Lotion, 0.5%. Swiftwater: Sanofi Pasteur

Inc.<sup>[SEP]</sup>Williams, L. K., Reichert, A., MacKenzie, W. R., Hightower, A. W., & Blake, P. A. (2001).

Lice, nits, and school policy. *Pediatrics* , 107 (5), 1011-1015.