

WEST DELAWARE SCHOOLS HEALTH SERVICES

Head Lice Treatment Plan for Parents/Guardians:

1. Thoroughly screen all household members and inform any of the child's close contacts regarding exposure i.e. friends, overnight guests, relatives, sports team (especially those teams sharing helmets and caps) and all other possible outside contacts.
2. Use a safe lice-killing treatment that is effective.

*Lice treatments may not be 100% effective in killing nits and lice. Nits often survive, hatch, and reinfest the child and others. The remaining nits will hatch within seven days. Therefore a second treatment may be necessary. Read and follow label directions. Pay particular attention to the amount of time recommended for the lice-killing treatment to be left on the hair and scalp. The lice-killing treatment should not be used on a regular basis or as a preventive measure.

*Itching may occur after treatment due to scalp irritation.

*Consult a health care provider if the child or family members are pregnant, nursing, under two years of age, have open wounds on their scalp or neck, have known allergies or if eyebrows and eyelashes are infested. These precautions apply to the persons administering the treatment as well as those receiving treatment.

***Regular shampoo and conditioner/crème rinse daily for two weeks, followed by fine tooth wet combing assures success in eliminating lice.**

3. After treatment/shampooing remove nits or any remaining lice on hair by:

*Combing out the child's hair.

*Separating the child's hair into small sections.

*Starting at the top of the head next to scalp lift one inch of hair up and out and comb the entire length of the hair strand.

*Repeating all sections until thoroughly combed, remembering the bangs.

*Using a comb specifically designed for removing nits.

Note: This is a very time consuming procedure. Depending on the length of your child's hair, this process may take several hours.

Nits and lice that are removed from the head should be placed in a sealed plastic bag for outside trash. Do not drop them on the floor.

The most important effort is the daily shampoo, conditioner crème rinse and wet combing technique described in #2 above.

4. Assure that the child's personal belongings are machine washed in hot soapy water, such as, caps, bed linens, and clothing.

*Environmental Lice sprays are generally not effective and **not** recommended.

*Pets do not carry human head lice; therefore, spraying pets is unnecessary since head lice need human blood to survive.

ALTERNATIVE HEAD LICE TREATMENTS

Natural and Non-Toxic (Two Week Process)

1. Apply agent that suffocate crawling lice and assist in removing the eggs. Some of the products that accomplish this include:
 - *Vegetable Oil
 - *Olive Oil
 - *Vaseline(very difficult to remove)
 - *Mayonnaise(not light) do not use if allergy to egg products
2. These products must be applied thickly so the scalp and all hairs are heavily coated. Leave the product on the hair at least 2 hours. Older children (6 years and up) may use a plastic shower cap to help contain the products.
3. While the product is still in the hair, comb through the hair with a lice comb. Comb through one small section at a time. Check and clean the comb for lice and nits after every stroke. Remove the lice and nits from the comb with a tissue, a toothpick or rinse the comb in hot water and clean with an old toothbrush. Inspect the hair carefully and use your fingers to pick or slide any nits off that were not removed by the comb. **This is still the most important part of the treatment!**
4. Wash the hair with DAWN, JOY or any grease cutting dish soap to help remove the product. Apply the liquid dish soap directly to the hair BEFORE wetting it with water. Work the soap through the hair and then add water. Several washing with dish soap may be necessary. After washing go through the hair with the nit comb and look for any remaining nits. Pick out any nits not removed by the nit comb.
5. Repeat DAILY shampoos followed by conditioner/crème rinse for two weeks. Fine tooth combing to remove nits and lice should be done when the crème rinse is on the hair, followed by thorough rinsing and blow drying hair completely dry. If live lice are still seen, repeat Step one through Step four every seven days. **Repeat these steps every seven days only if live lice continue to be seen.**
6. Haircuts facilitate this process.

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