

## Additional Tips

- Treat family members **who have active lice at the same time** using the 14-day treatment process.
- After every use, rinse combs and brushes in very hot water.
- Normal house cleaning, vacuuming and washing of bedding and clothes in hot water is all that is necessary. No need for special sprays.
- **Do Not** use kerosene, gasoline or other similar products on your child's hair. These are dangerous.
- It is next to impossible to prevent all head lice infestations. It is wise to **remind children to avoid sharing hats, combs, brushes, or pillows and to stop any head-to-head activities.**

### What about school?

- **Head lice is not considered a communicable disease and is not a health hazard.**
- **Children will not be excluded from school, although treatment must be started before returning to school the next day.**
- **School officials will ask all parents to check their children's hair at least weekly as lice is common in communities and through research has been found to have a very low rate of spread to others in the school setting.**
- **Teachers and staff will be informed of ways to decrease head-to-head contact in the school setting.**

## How Did My Child Get Head Lice?

- Head lice are wingless insects and cannot jump or fly. They move by crawling, and are mostly spread by direct head-to-head contact – for example, during play at home or school, slumber parties, sports activities or camp.
- It is also possible, but not common, to spread head lice by contact with clothing (hats, coats) or personal combs or brushes.
- As you and your family deal with this uncomfortable but common issue, keep in mind that head lice infestations are not related to cleanliness and can occur in all socioeconomic groups.

### What if treatment does not work?

- Wrong diagnosis: it could be dandruff, build up of hair products on the hair, dust, and/or other insects that may look similar to lice
- New lice - there is a new infestation of head lice
- Poor treatment—the directions on the treatment product were not correctly followed
- Resistance to treatment—in some cases, lice are not killed by the chemicals in the over-the-counter products. You may need to see your physician for stronger treatment options.

**After the 14 day treatment, if crawling lice are still present, contact your personal physician**

Treatment recommendations follow information obtained from the Centers for Disease Control, the American Academy of Pediatrics, the Texas Department of State Health Services and the Dallas County Health Department.

For questions contact your school nurse or IISD Clinic and Health Services Director, Karyn Beauchamp, RN , 972-600-5205

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**IRVING INDEPENDENT  
SCHOOL DISTRICT**

# HEAD LICE



Information on Head Lice

And

14-Day Treatment  
Schedule

**IRVING**  
*Independent School District*

Clinic and Health Services Department

# Head Lice Facts

1. Head lice are the size of a sesame seed (2-3mm).
2. They live in human hair, draw blood from the skin, and lay eggs (called nits) on the hair shaft. Most children complain of itchiness to the scalp, back of the head and neck area.
3. Head lice will spread as long as children play together. They spread completely through human hair to hair contact, pets do not spread lice.
4. Anyone can get head lice. Lice are NOT a sign of being dirty.
5. Lice DO NOT spread disease and are not dangerous.
6. Parents are the key to looking for and treating head lice. It is advised to spend 15 minutes each week looking for head lice or nits on your child's head.
7. Each child should have his or her own comb or brush.
8. Teach your child NOT to share hats, scarves, brushes, combs, hair clips or fasteners.

## Lice: Stages of life cycle



## Products

Irving ISD does not endorse any one remedy for lice treatment. You may check with your physician or local pharmacy. Some common products utilized are: Rid, Nix, a Cetaphil treatment remedy or any prescription medication or recommendations given to you by your physician.

**It is required your child is treated and removal of live lice and nits are performed before they are returned to school the following day.**

## Treatment Checklist

— <u>Day 1</u> Medicated Shampoo	— <u>Day 8</u> Shampoo, condition and COMB
— <u>Day 2</u> COMB only DO NOT WASH	— <u>Day 9</u> Shampoo, condition and COMB
— <u>Day 3</u> Shampoo, condition and COMB	— <u>Day 10</u> Medicated Shampoo
— <u>Day 4</u> Shampoo, condition And COMB	— <u>Day 11</u> COMB only DO NOT WASH
— <u>Day 5</u> Shampoo, condition And COMB	— <u>Day 12</u> Shampoo, condition and COMB
— <u>Day 6</u> Shampoo, condition And COMB	— <u>Day 13</u> Shampoo, condition and COMB
— <u>Day 7</u> Shampoo, condition And COMB	— <u>Day 14</u> Shampoo, condition and COMB

## 14 Day Treatment Guidelines



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 medicated head lice shampoo containing pyrethrin or permethrin. Read and follow all directions on the shampoo box or bottle. COMB the hair to remove remaining nits.
- **Day 2:** COMB hair with lice comb for 30 minutes from the scalp to the end of the hair and remove all nits. Do not wash hair today.
- **Day 3-9:** Wash the hair using your regular shampoo. Rinse. Apply hair conditioner to make 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 30 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 for at least 30 minutes from the scalp to the end of the hair with lice comb. Remove all nits. Do not wash hair today.
- **Days 12-14:** Wash hair using regular shampoo. Rinse. Apply hair conditioner to make hair slippery. COMB the hair the entire length from the scalp to the end of the hair with lice comb. 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 30 minutes.

Continue to check your child's hair weekly.