



## **CACHE COUNTY SCHOOL DISTRICT PROTOCOL, INSTRUCTIONS, AND CHECK LIST ON LICE CONTROL FOR PARENTS**

Dear parents/guardians,

During a screening examination or per your phone call, your student has shown probable evidence of head lice. Head lice do not carry any disease, and their presence does not indicate unsanitary conditions. Head lice can infest anyone. To prevent the spread of head lice to other students, this condition should be treated immediately. Your child may not be allowed to return to class until the infestation has been properly treated. The material contained in this letter provides information on head lice, prevention, and their treatment.

Head lice are tiny, crawling insects that live on the human hair and scalp. Head lice feed only on humans, and are usually transmitted by head to head contact. Lice are small insects about the size of a sesame seed. They are usually light brown but can vary in color. They move quickly and shy away from the light, making them difficult to see. It is easier to see their little, oval, white eggs called "nits". Lice hatch 6–10 days after laying eggs and can reproduce up to 2–3 weeks after hatching. Lice off the head usually die within 24 hours.

One of the most significant signs of head lice is intense itching and irritation. The scalp may be red from excessive scratching and irritation due to the lice themselves. Head lice infestations occur in all areas of the country and do not represent poor hygiene. In fact, ordinary washing or shampooing will not eliminate lice. Anyone can have lice. Although schools, day care centers, etc. are often blamed for head lice outbreaks, statistics show that the spread of lice most often occurs within close family members due to sleeping arrangements and commonly shared personal articles. This year millions of American children will have head lice at some time. Normal activities are disrupted because of head lice. Parents/Guardians need to do all they can prevent the spread of head lice. Teachers /caregivers often get very upset about lice. Even though unpleasant, **lice do not cause disease.**

The control of head lice consists of using a specialized shampoo. The shampoo is a pesticide for the lice. Also, **nits (eggs) should be removed using a lice comb or your fingernails.** Nits may hatch up to 6-10 days after being laid. **It is imperative to remove all the nits to avoid re-infestation.** Home remedies commonly used have not been proven to be effective against head lice. Laundering or bagging articles that may have been contaminated and thorough vacuuming to prevent re-infestation is also required. See checklist.

### **Guidelines for Avoiding Head Lice**

1. Avoid head to head contact.
2. Do not share combs, brushes, hair ornaments.
3. Do not share hats, caps, scarves, headsets, or any other personal headgear.
4. Put your hats and coats into a backpack or bag, and hang on a hook at school or in public places.
5. Avoid sleepovers with other families.

If an infestation is found the student will be excluded from school until the following check list is completed. Upon returning, activities that involve the child in head to head contact or involve the sharing of any headgear will be avoided for several weeks. **The following list of requirements must be met and checked off when completed. The parent or guardian must then sign the completed form verifying that the requirements have been met. The student will not be allowed to return to school until the form has been completed, checked off, and signed.**

Thank you for your help and cooperation,

**CCSD Nurses**

## **PARENT CHECK LIST AND GUIDELINES**

**This form must be completed and returned to your student's school before your child may re-enter school.**

- Treat head lice with a shampoo specifically labeled for head lice. Read and follow the label directions carefully and specifically. Initially apply the shampoo to dry hair. **Anti-lice shampoo is a pesticide**, do not reapply unless specifically instructed to do so while waiting the appropriate amount of time in between shampooing. Only use lice shampoo on a person identified with having lice. **DO NOT** treat those who are not infested.
  
- Remove the nits (eggs) from your students hair. Comb the hair with a nit comb or use your fingernails to remove all nits.
  
- Wash all bedding (i.e., sheets, blankets, pillowcases, mattress pads, bedspread, etc.) in hot water wash cycle or machine dried for 20 minutes. Thoroughly vacuum the mattress.
  
- Wash all clothing worn by the child in the 3 days in a hot water wash cycle or machine dried at the highest heat setting for at least 20 minutes. For clothing that will be ruined by washing or drying in at high temperatures and personal items such as toys or stuffed animals, etc., store in a bag that is tightly sealed for 14 days at room temperature or 24 hours in the freezer at below freezing temperatures.
  
- Vacuum all carpets and upholstery.

**Continue to remove the nits daily for 3-4 weeks until all nits are gone.** Due to the extreme difficulty in removing all eggs initially from the hair, we do not feel that it is feasible to uphold a “no-nit policy”. However, upon returning to school, if the child is found to have live lice or not found to have a **significantly decreased** amount of nits in his/her hair, the school may refuse to let the child re-enter until further effort has been made at home to remove the nits. The decision will be left to the discretion of the school nurse or trained staff based on their before and after treatment findings.

Cache County School District reserves the right to conduct spontaneous lice checks on any child when an infestation is suspected.

**PARENT/GUARDIAN SIGNATURE:** \_\_\_\_\_

**Date:** \_\_\_\_\_