

## **SCUCISD Lice Prevention, Control, and Treatment Protocol**

Based on recommendations from the American Academy of Pediatrics (AAP) 2010 and the 2013 update to the Texas Administrative Code (TAC Title 25, part 1, Chapter 97, Subchapter A, Rule 97.7), SCUCISD has updated its' Lice Prevention, Control, and Treatment Protocol to reflect the most current guidelines in the control of lice.

**Students should not be excluded from school due to head lice.** The Centers for Disease Control and Prevention, the American Academy of Pediatrics (AAP), and the Texas Department of Health support the assertion that there is little evidence that exclusion from school reduces the transmission of head lice (Texas Department of State Health Human Services, 2007).

Head lice are common for children ages 3-12. Head lice are not a health hazard and are not responsible for the spread of any disease. They are the cause of much embarrassment, misunderstanding, and many unnecessary days lost from work and school. "No-nit" policies which keep kids with lice home as long as they have any evidence of an infestation don't benefit these kids or their classmates and "should be abandoned" (American Academy of Pediatrics, 2010).

The goal of lice prevention, control, and treatment in schools is to prevent the spread of lice from one student to another student. Lice control takes teamwork among home, school, after-school programs, and events in private or public locations, including student visits in each other's homes.

Questions regarding the SCUCISD Lice Policy, Protocol, and Procedures should be directed to the campus nurse or the Health Services Coordinator.

### **Education:**

SCUCISD Health Services Department will strive to educate parents and employees regarding lice so all can come together to promote student health and to reduce missed instruction time.

1. Parent education regarding lice will be sent home routinely to all elementary campus parents twice a year (beginning of school and on the return from winter break).
2. SCUCISD website will have lice education available.
3. Employee education regarding lice will be required for all elementary campus teachers. Classroom management strategies and identification will be incorporated in training.
4. Parent education of lice treatment, nit/lice removal and home care will be provided to each parent when their student is identified as having lice.
5. Students will be instructed on prevention measures such as not sharing hats, brushes.

## Screening Procedures:

Screening procedures are in place to identify head lice so parents can be contacted to provide treatment. The campus nurse will screen a child for lice when they complain of their head itching/crawly, when lice/nits are seen by a campus staff member and as requested per a parent to have their child checked.

1. Routine classroom lice checks will not be initiated. Data shows that this practice disrupts classroom time and is not affective for controlling lice.
2. School aged siblings of a student with lice will be screened. Information will be given to parents to check other children in the home and those who have had close head-to-head contact with the child (recent sleepovers etc.).

## Live Lice:

1. Parents/Guardians will be advised to treat their child for head lice. The name of the treatment product must be provided by the parent/guardian on the treatment letter (see appendix). Education materials about treatment and prevention should be given and explained to parent/guardian.
2. Based on the AAP 2010 recommendations, alert letters will only be sent home in the event of a high percentage of students infested in a classroom.

## Nits:

1. Students identified with **nits only** will have their parent/guardian contacted to assess if treatment has taken place within the last 7 days. The name of the treatment product must be provided by the parent/guardian on the treatment letter (see appendix).
2. If treatment **has** occurred within the last 7 days, educational material about nit removal and prevention of lice should be provided to parent/guardian.
3. If treatment **has not** occurred in the last 7 days, the student should be sent home at the end of the day for treatment and removal of lice/nits (AAP, 2010). Educational materials about treatment and removal of lice/nits should be provide and explained to parent/guardian.

**Exclusion:**

1. Students with live lice will be examined by the campus licensed nurse. An indication that exclusion may be strongly recommended is extensive lice infestation where visible bugs can be seen crawling on the head and/or falling from the student's head. Parents may be notified to pick their child up from school when a lice infestation is found.
2. If the parent is financially unable to afford lice treatment, communities in schools or social workers can be contacted for assistance.
3. Rechecks should be performed on a case by case basis. Parent education will include checking the student's head 7 days and 14 days after initial treatment- and to retreat if live lice are found.

**Classroom Control Measures:**

1. The campus nurse will provide teachers with the "Recommendations for Classroom Lice Control." Contact the campus nurse for any questions regarding classroom lice control.
2. Survey the classroom environment regularly for students displaying signs of lice or items in the classroom that could be contributing to the spread of lice.
3. Implement the "Recommendations for Classroom Lice Control" and make appropriate changes. (See appendix for recommendations).
4. Send students to the clinic for inspection by the campus nurse if lice are visible in hair or student extensively scratching scalp.

# Appendix

## General Information

### What are Lice?

Infestation by head lice, also known as pediculosis capitis is a common problem that crosses all geographic and socioeconomic boundaries in this country.

Lice depend on their hosts for food (blood) and warmth. Lice are found specifically on the scalp because this area is warm and dark. Lice cannot live long separated from this source of food and warmth.

The adult head louse is a wingless insect about 2.1 to 3.3 mm, about the size of a sesame seed. The living insects can be difficult to see because they run quickly from the light. Females lay 6-10 eggs per day that are incrustated in pearly white egg-cases called nits. Live nits are usually found 1/4th inch or less from the scalp where they are fixed firmly to the hair shaft with a glue like substance that makes them difficult to remove. This characteristic helps distinguishing nits from other hair debris like dirt and dandruff.

After 5-10 days the nits hatch to produce juvenile lice called nymphs. The nymphs mature fully, able to lay eggs in about two weeks. The entire cycle takes about 21 days.

### Treatment Options

Currently there are four different compounds commercially available in the U.S. for treatment of lice infestation. All pediculicides (chemical formulation that kill lice) work by interfering with the nervous system of the louse.

The first two are available over the counter without a prescription: Pyrethrin (RID, A200 etc.) and permethrin (NIX creme rinse). However, a prescription is required if the cost is to be covered by Medicaid. The others, Lindane (Kwell) and Malathion (Ovide) is available only by prescription. They require a prescription because they have a higher rate of neurological toxicity. For resistant cases of pediculosis, prescription Elimite 5% topically to scalp or Bactrim by mouth has been used. All of these pediculicides should be used externally and directions should be followed very carefully. Frequent treatment application is discouraged unless medical assessment has been made as to why re-infestation is occurring.

Olive oil and mayonnaise have also been used effectively as an **adjunct treatment** to treat lice. The method of action is thought to be suffocation of the lice. Therefore, to be effective the oil or mayonnaise must remain on scalp for more than four hours at a time and repeated every 4 days for 3 weeks.

## **Recommendations for Classroom Lice Control**

1. Play items (hats, wigs, dress up clothes, etc.) cleaned after each use.
2. Sweaters, backpacks, and coats hung separately on hooks and not touching. Sweaters, coats, and hats can often be placed in each student's backpack.
3. Children's personal items (combs, brushes, hats, scarves, sweaters, coats, etc.) are not shared.
4. Carpet is vacuumed daily.
5. No sharing of cloth or upholstered pillows, mats, etc.
6. Nap items (pillows, blankets, towers, etc.) are stored separately in a cubby or plastic bag and taken home at least weekly to be washed.
7. Headphones are wiped with disinfectant after each use.
8. Observation of children for :
  - Nits/lice in hair (on nape of neck, over ears, and within ¼ inch of scalp)
  - Scratching of head and neck

## INSTRUCTIONS FOR TREATMENT AND CONTROL OF HEAD LICE AND NITS

Use a **pediculicide** lice shampoo such as Rid (non-prescription), or R&C (non-prescription). You might want to ask your doctor or pharmacist for recommendations. Follow directions on the bottle **exactly**. Nix, a non-prescription lotion is also effective and does not require a second treatment. **Do NOT use flea shampoo or gasoline. These are very dangerous and not proven to be effective.**

- Repeat pediculicide (lice) shampoo treatment of the hair in 7 to 10 days (depending upon the pediculicide used) to assure that if any nits have hatched, the new lice will be killed before they can lay more eggs.
- **Comb out the nits:** Using a good metal nit comb, comb the hair section by section.
- **Clean environment:** To address this problem household cleaning should be done on the same day as the child's treatment.
- Soak combs and brushes for one hour in a pediculicide lice shampoo or five to ten minutes in hot water (130°).
- Change into freshly washed clothes after treatment.
- Change and wash all sheets, pillowcases, and blankets in hot water and machine dry on hot setting.
- Wash all previously worn clothes, coats and hats.
- Vacuum rugs, carpets and upholstered furniture, including the upholstery in the car.
- Pillows, stuffed animals or non-washable items may be either dry cleaned, sealed in a plastic bag for 7 days or placed in a dryer for 20 minutes on high heat.

## INSTRUCTIONS FOR OLIVE OIL/MAYONNAISE TREATMENT

- **Olive oil or mayonnaise treatment:** Olive oil or mayonnaise may be helpful as an additional treatment following the use of a lice shampoo because it smothers and kills active head lice
- Cover the entire scalp and hair with olive oil or real mayonnaise (do not use low fat or mayonnaise substitute). Cover the hair with plastic wrap or shower cap. Leave the olive oil or mayonnaise on at least 4 hours or overnight. Then comb hair with fine toothed comb for nit removal and wash hair with shampoo.
- Repeat treatment every 4 days for three weeks. This is to coincide with the life cycle of the louse.
- If you choose not to use a pediculicide lice shampoo, use the olive oil or mayonnaise treatment for 2 days in a row in addition to all other designated days. Leave the olive oil or mayonnaise in the hair for the nit removal.

## **HELPFUL HINTS FOR NIT REMOVAL**

Removing nits is the most important step in preventing the recurrence of head lice. For the initial treatment, use a pediculicide shampoo or treatment to kill the live lice and then:

- Comb the hair with a regular comb if the hair is thick and/or long to remove the tangles.
- Comb the hair into one-inch sections and remove the nits in each section by using a metal nit or flea comb.
- A metal nit comb can be reused if washed and boiled.
- Remove remaining nits by hand if necessary.
- Remember the key to successful lice treatment is complete removal of **ALL** nits.
- To aid in the removal of nits you may want to apply olive oil and let it set 4 hours, making the nits easier to remove. Other over the counter products that you may buy for nit removal are Clear, Step 1, and mayonnaise.

## **HELPFUL HINTS FOR CLEANING THE ENVIRONMENT**

- Soak combs and brushes for one hour in a pediculicide lice shampoo or five to ten minutes in hot water (130°).
- Change into freshly washed clothes after treatment.
- Change and wash all sheets, pillowcases, and blankets in hot water and machine dry on hot setting.
- Wash all previously worn clothes, coats and hats.
- Vacuum rugs, carpets and upholstered furniture, including the upholstery in the car.
- Pillows, stuffed animals or non-washable items may be either dry cleaned, washed, sealed in a plastic bag for 7 days or placed in a dryer for 20 minutes on high heat.

## SUGERENCIAS UTILES PARA QUINTAR LAS LIENDRES

Quitar las liendres es el paso más importante para prevenir la recurrencia de piojos en la cabeza. Para el tratamiento inicial, use un champú pediculicida o tratamiento para matar las liendres y después:

- Peine el cabello con un peine regular si el cabello es grueso o largo, para desenredarlo.
- Peine el cabello en secciones de una pulgada y quite las liendres en cada sección usando un peine de metal para liendres o pulgas.
- Puede volver a usar un peine de metal si lo lava y hierve.
- Si es necesario, quite con los dedos las liendres que queden.
- Recuerde que para el tratamiento para liendres tendrá éxito si quita completamente **TODAS** las liendres.
- Para ayudar a quitar las liendres puede usar aceite de oliva y dejarlo reposar en el cabello por 4 horas, lo que hará más fácil quitarlas. Otros productos que puede comprar para quitar liendres sin receta médica son Clear, Step 1, mayonesa y una solución de vinagre y agua (una ración de vinagre por una de agua).

## SURGERENCIAS UTILES PARA LIMPIAR SU ENTORNO

- Remojar cepillos y peines por una hora en un champú pediculicida para piojos, o de cinco a diez minutos en agua caliente (130°).
- Después del tratamiento, ponerse ropa limpia.
- Cambiar y lavar todas las sábanas, fundas y colchas en agua caliente y secarlas en la secadora a temperatura caliente.
- Lavar toda la ropa, abrigos y sombreros que hayan sido usados.
- Aspirar alfombras, tapetes, incluyendo la tapicería del auto.
- Almohadas, animales de peluche o artículos que no se pueden lavar deben lavarse en seco, lavarse con agua y jabón, ponerse en una bolsa de plástico herméticamente cerrada por 7 días o colocarlos en la secadora de ropa por 20 minutos en aire caliente.

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