Checklist to Treat and Stop Head Lice

Day 1

- Manually remove the live lice, following instructions below and on back; or, apply 1st treatment of lice shampoo.
  - Wrap an old towel around your child’s shoulders, or have your child wear something that you don’t mind getting wet or stained. Have your child hold towel over his/her face to keep the shampoo out of eyes.
  - Massage the product into the hair from the roots to the ends until the scalp and all hair is thoroughly saturated. Pay close attention to the hairline on the back of the neck and behind the ears. You may see lice falling out of the hair during treatment; therefore, apply the product over the sink.
  - When all of the product has been thoroughly massaged onto the scalp, set, and start the timer for the length of time the product directions recommend; then, rinse or wash hair, depending on product instructions.
  - Tips to enhance treatment effectiveness are listed on back.

- Remove lice using a high-quality lice comb has long, fine, metal teeth that are very close together; e.g., LiceMeister® Comb.
  - Set yourself up in a non-carpeted area with good, strong light; e.g., inside, using a bright lamp that can be directed at the area you’re combing; or outside, if there’s good daylight.
  - A good comb-out can take up to 3 hours depending on how long, thick, fine, or curly the hair is.
  - Be ready with an activity for your child, such as a hand-help game, book, or watch a video to keep still.
  - Before beginning the lice comb-out, wet the hair, add some conditioner or detangler, and comb out the tangles with a regular comb.
  - Some people find that using plenty of goopy, white conditioner on the hair makes the combing process easier, slows down the lice, and makes it easier to see them on the comb.
  - Tips on doing a thorough comb-out, how often to comb, and cleaning the lice comb are listed on back.

- Inspect other household members and treat only those with live head lice.
- Change/launder in very hot water (130°F)/dry pajamas, clothing, bed linens, hats, scarves, pillow cases, pillow covers, towels, and other items that the infested person wore or used during the 2 days before treatment.
- Keep clothing and larger items (e.g., stuffed animals, pillows) that cannot be laundered with hot water/dryer or dry-cleaned away from other people (e.g., in air-tight plastic bag) for 2 days/48 hours, if they were exposed to a person with head lice. It is not necessary to bag plastic toys.
- Ensure that hats, scarves, jackets, coats, sports uniforms, hair ribbons, barrettes, towels, and other grooming aids that came in contact with the hair of a person with head lice infestation are not shared.
- Disinfect, sanitize, or throw away combs, brushes, hair pins/barrettes that came in contact with head of person who had head lice. You may soak them in very hot water (at least 130°F) for 5–10 minutes, soak them in isopropyl alcohol, or wash them with a shampoo that is used to treat head lice. See checklist below for other items.
- Avoid lying on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with an individual infested with head lice.
- Vacuum floors, carpets, mattresses, and furniture - particularly where the infested person sat or lay.
- Sweep up loose hair in areas not vacuumed, put in plastic trash bag, and throw away.
- Avoid head-to-head (hair-to-hair) during sleepovers and other activities at home, school, and elsewhere.

Day 2

- Child returns to school after treatment. School nurse/designated staff member inspects student’s scalp for live head lice.
- Child can remain at school, if no live head lice.
- When child returns home, inspect scalp for live lice and nits within 1/8” from scalp; comb/remove, if found.

Day 3 – 14

- Continue inspection of child for evidence of live head lice and nits within 1/8” from scalp; comb/remove, if found.
- Continue to check family members for head lice infestation.

Items that need cleaning, if in contact with head of infested person up to 2 days prior to his/her treatment:

- Combs & brushes
- Head bands
- Hair rollers
- Barrettes/hair ornaments
- Play mats
- Towels
- Hats/caps
- Bed linens
- Rugs, carpeting
- Headphones
- Mattresses, pillow cases
- Recently worn clothing
- Book bags
- Earmuffs/Scarves
- Jackets/Coats
- Stuffed animals
- Home upholstery
- Car upholstery

Nash-Rocky Mount Public Schools "No Live Lice" Policy

April 2016
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How to do a thorough comb-out
- Part your child’s hair down the middle and clip up one half so it’s out of the way.
- On the loose side, pick up one small section of hair, about the width of your lice comb.
- Start at the scalp to catch/remove the nits (lice eggs) that are just a fraction of an inch from the scalp; these can hatch.
- Comb each section in multiple directions (up, down, left, right).
- Pull the comb all the way through to the ends of the hair. You may see lice on the comb after you pull it through the hair. The comb will need to be cleaned before doing another swipe.
- Flick the teeth of the comb into a bowl, dip it in a bowl of soapy water, or wipe it with a paper towel after each swipe.
- Hold the comb up to the light to ensure that it’s completely clean before the next stroke.
- Keep combing each section until the comb comes out clean (no live lice or nits within 1/8” from scalp). You may find it helpful to twist the combed hair and clip it to the head.
- When you’ve finished the whole head, unclip the hair, and rinse out the conditioner. Rinse the comb and clips in hot, soapy water to clean them. Launder the clothes you and your child were wearing during the comb-out in hot water.
- Place nits in plastic bag, seal, and throw in trash.

How often to comb-out
- Daily for up to 2 weeks (and longer, if necessary), until live lice and unhatched lice eggs (nits within 1/8” from scalp) are no longer found during the combing process. If hair is shoulder length or longer, suggest pulling it back and up in a braid or bun during this period.
- After this, twice weekly to continue screening/checking for a reoccurrence of head lice.
- If a chemical/medicated treatment was used, the first combing should get rid of most of the live lice. With each subsequent combing, more of the remaining lice and some that have hatched in the meantime will be removed.
- After having an infestation of head lice, make checking for head lice/combing a regular hygiene function.

How to clean a lice comb
- Soak for 15 minutes in hot ammonia water (1 tsp. ammonia to 2 cups hot water); or,
- Boil a metal comb in plain water for 15 minutes.
- Use an old toothbrush to clean the comb.
- The comb can now be use on another family member.

Treatment tips
- Do not use a combination shampoo/conditioner, or conditioner before using lice medicine.
- Do not use extra amounts of any lice medication, use the medication more often, or use less often than instructions recommend – unless instructed to do so by your physician or pharmacist.
- Keep medication out of the eyes; if medication gets in the eyes, immediately flush eyes with water.
- Do not use different head lice medications at the same time, unless instructed to do so by healthcare provider.
- Do not use re–wash the hair for 1–2 days after the lice medication is removed; doing so may reduce its effectiveness.
- Do not wrap anything around your child’s head (such as a towel or a plastic bag) while the product is in the hair.
- Never use lice medicine on eyelashes, eyebrows, or anywhere near the eyes.
- Do not use the medicine on skin with open cuts or scratches. Wear gloves, if open cuts/scratches.
- Do not use chemical products if you are pregnant/nursing – Check with your doctor about this.
- Never use Lindane (Kwell) due to its extreme toxicity.
- If an over-the-counter treatment was used correctly and failed, contact healthcare provider, pharmacist, or health department. A stronger prescription medication may be needed.
- Home or natural remedies may be used to treat head lice infestations; however, their effectiveness may be limited.

Reasons head lice treatments may not work
- Not using the treatment correctly; e.g., reapplying too soon, too late, or not at all may result in continuous infestation.
- Reinfestation by another person with active head lice infestation.
- Head lice becoming resistant to the active ingredients in the more commonly used over-the-counter treatments.
- Misdiagnosis.