



Facts about Head Lice

The Tooele County School District has a “No Nit” Policy. Students with a head lice infestation will be excluded from school. It is the responsibility of the parent or guardian to ensure all lice and nits are removed from the student’s hair. However, this doesn’t need to be a long drawn out process. If parents or guardians act quickly, there is no reason a child can’t be back in class the next day. We appreciate your assistance in doing your part to control and eliminate this nuisance problem in the school and community so that your student may pursue their education without the inconvenience of health-related problems.

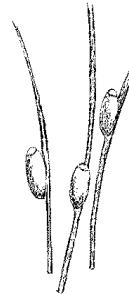
Head Lice Identification:



Adult and immature louse look similar. Adults are 1/10th to 1/8th inches long. They vary in color from tan to grey white. They cannot

fly or hop, but crawl quickly.

Nit Identification:



Nits are lice eggs. They are white or tan in color when first laid. The nits turn coffee colored before they hatch. Nits are glued by the female louse on the hair shaft about 1/2 inch from the scalp. This glue is so strong that the nits cannot be as easily removed as dandruff. They cannot be washed or brushed out of the hair.

Following are the steps you need to take to get rid of the head lice and nits:

1. Check Every Member of the Family



The entire scalp should be examined under a bright light looking for nits stuck to the hair shaft, or for adult lice moving on the scalp or hair. Pay particular attention to the area around the ears and the nape of the neck. The nits are very small and the use of

a magnifying glass may be helpful.

2. Use a product for treating lice



Several products are available without prescription and are easy to find at stores which carry hair care products. (They are also available at the drugstore.) They come with specific directions for use.

It’s important to follow the label directions on the product **EXACTLY**. Over using these products will not eliminate the problem. In addition, it can cause problems. The shampoo treatment may reduce the number of lice by 30—70%, but will have little or no effect on the nits. You will need to use a special metal comb like the one shown to remove them.



If your time is limited, do your child’s hair FIRST. Get them back in school. Then concentrate on washing clothes, pillows, bedding, etc. Then vacuum.

3. Comb the hair to remove all lice and eggs (nits). This is the most important part!



Combing the hair:

You will need a special metal comb to remove the lice and nits. These combs can be purchased separately, but most of the time they are included in the box with the shampoo.

Nits may be removed by sliding them off the hair shaft with your fingers, or cutting them out with a pair of small scissors. Place nits in a garbage bag, seal it or tie it in a knot and throw it in the outside garbage.

Helpful hints for combing the hair:

- It may be helpful to cover the hair with any type of salad oil or mayonnaise.
- Separate a tiny mass of hair about the width of the metal lice comb. Insert the lice comb as close to the scalp as possible and gently pull through the hair strands several times.
- Check the hair carefully. Pin the hair in a curl flat against the head after it has been checked to keep it out of the way.
- Section off tiny masses of hair and continue combing until all lice, nits, and debris are gone.
- After combing, wash the hair again with regular shampoo to remove all salad oil or mayonnaise.
- When the hair is dry, check for stray nits and remove them.

It is very important that ALL lice and nits are removed!!

Remember, the #1 priority is getting your child back in school. Treat the child first, get them back in school, then concentrate on cleaning.

4. Wash clothes, bedding, towels, and recently worn clothing.



Do this step as soon as you have treated your family member. It doesn't have to be done daily. Wash in hot, soapy water in a washing machine. Drying in a

140°F dryer will kill both lice and nits. Items like stuffed animals, pillows, hats, headphones, bike helmets, etc. which are not washable can be dry cleaned or stored in tightly sealed plastic bags for 2 weeks. Since head lice derive nutrients by blood-feeding once or more often each day, they cannot survive for more than a day or so at room temperature without ready access to a person's blood. Unlike mosquitoes, you cannot feel a bite or see the louse when it feeds.

5. Soak combs, brushes, and hair trimmings (including the metal comb you used to remove the nits).



Family combs and brushes should soak for at least 10 minutes in hot water (130° F). If they don't already have them, it is a good idea to get every member of the family their own comb and brush. Make sure your children understand the necessity of not sharing these items with others.

6. Vacuum thoroughly.



Vacuum carpets, pillows, mattresses, and overstuffed furniture. Be sure to clean both front, back, and sides of all couch and chair pads. Vacuum between the crevices on all stuffed furniture. Be sure to vacuum the family vehicles. Vacuum the car seats. Do not use fumigant sprays as they can be harmful if inhaled, and have not shown to be helpful.

