

Gorham School Department
Head Lice
Home Instructions

1. **We recommend that parents contact their child's physician before using any head lice shampoo products.** Follow the directions on the product label you are using. Warning: Do not use head lice products in the shower. They should be applied only to the scalp and rinsed in a sink to prevent exposure to the entire body. Repeated applications and treating household members who do not have lice is not advised. Family members of students with head lice are advised to inspect all heads within the household for active head lice.
2. You may additionally purchase a bottle of conditioner (crème rinse) and a long-tined metal comb-*Licemeister* or similar nit removal comb.
3. Apply a coating of conditioner or crème rinse starting at the scalp and continue to coat to the end of the hair.
4. Then comb through the hair in sections from the scalp to the end of hair removing lice, nits (eggs), and residue with a tissue. Discard the tissue and residue from the hair in a trash receptacle, tie the bag and remove it from inside the home.
5. The critical step after completing the crème rinse procedure is to dry comb the hair DAILY. Throw away any live lice or nits. Continue this process for 6 weeks to prevent a reinfestation.
6. In addition, you may hand pick with your finger tips. The use of a bright light and magnification is helpful to inspect the hair one section at a time.
7. Nits usually attach themselves at the base of the hair shaft near the scalp and are more commonly seen at the nape of the neck, around the ears, and in the front of the head. They vary in color such as tan, yellow, or white and are glued to the hair. Lice are very small tan, grey, or black bugs that crawl quickly away from light. They **DO NOT** jump from person to person.
8. Another important step is to do a DAILY nit check on all household members.
9. Do not share combs, brushes, or any other hair accessories.
10. Encourage children to keep their hats tucked in the sleeve of their coat and to keep personal articles of clothing away from other children's clothing.
11. Girls with long hair should wear it pulled back or braided to lessen the chance of acquiring head lice

Household Control Measures

1. Soak all combs and brushes in boiling hot water for 10 minutes or discard all combs and brushes used prior to treatment and begin with new hair articles after treatment.
2. All barrettes, headband, or other hair accessories should be placed in a plastic bag and sealed for 14 days.
3. Wash all bedding and clothing including coats in hot water or dry in the dryer for at least 20 minutes. Heat at temperatures greater than 128 degrees kills lice.
4. Non-washables such as stuffed toys or dry clean only clothes may also be placed in plastic bags for two weeks.
5. Thoroughly vacuum all mattresses, furniture, automobiles, and carpets, daily for ten to fourteen days.
6. The use of head lice sprays for furniture is not advised.

For further information or questions please contact the school nurse.

Resources:

Harvard School of Public Health-<http://www.hsph.harvard.edu/headlice.html>

Centers for Disease Control and Prevention-
<http://www.cdc.gov/ncidod/dpd/parasites/headlice/default.htm>

American Academy of Pediatrics-<http://www.aapnews.org> Article "Head Lice"
Pediatrics Vol. 110 No. 3 September 2002.

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