



**City of St. Charles R-6 School District  
400 N. Sixth St., St. Charles, MO 63301**

Building: \_\_\_\_\_ Phone: \_\_\_\_\_  
Contact: \_\_\_\_\_ Fax: \_\_\_\_\_ School Year: \_\_\_\_\_

**HEADLICE INFORMATION**

Head lice can spread rapidly through groups of children in close contact. The responsibility for controlling head lice is a responsibility to share by the school, the parent, and the student.

School's Responsibility

- To educate parents and students on how head lice are spread and how to treat them.
- To send home all coats, hats, and clothing of affected student to be cleaned as directed below.
- To exclude students known to have live head lice until treatment has begun.

Parent's Responsibility

- To educate their children about how head lice are spread and what precautions to take.
- To check child's head nightly and for 10 consecutive days, then frequently thereafter. Inform school of any continued or additional problems.
- To supervise combing or comb child's hair every day to remove nits.
- To treat an infestation vigorously.
- To report a case of head lice to the school nurse of all children in the family attending school or daycare.

Student's Responsibility

- To ensure his/her scalp is combed and checked as directed.
- To be aware of symptoms and have adult inspect head.
- To **NOT** lend or borrow combs, hats, or coats at school.
- To **NOT** touch other children's hair (i.e. braiding, hairstyling, or brushing) at school.
- To **NOT** put their head directly next to others (i.e. hugging).

**WHAT ARE HEAD LICE?**

These tiny parasitic insects live in human hair. They hatch from small eggs called nits. The nits (grayish-white, oval-shaped eggs) are attached firmly with a cement-like substance on a shaft of hair close to the scalp, usually at the nape of the neck and behind the ears.

**HOW DOES SOMEONE GET HEAD LICE?**

Lice cannot hop or jump, but are transmitted by close contact. Besides direct person-to-person contact, inanimate objects such as coats, hats, scarves, hairbrushes, combs, towels, bedding, upholstered furniture, or carpets can transmit lice. Head lice are not contracted from animals and they do not spread disease.

## **WHAT SIGNS SHOULD I LOOK FOR?**

Persistent itching of the head and back of the neck can indicate head lice. Most important, look for nits attached to individual hairs. Small white specks in the hair such as dandruff or droplets of hair spray can be confused with nits. However, nits are very difficult to remove from the hair shaft. Check with a health professional if you are not sure whether head lice are present.

## **YOUR COOPERATION IS ESSENTIAL IN PREVENTING THE SPREAD OF THIS PROBLEM. INSTRUCTIONS FOR TREATMENT ARE FOLLOWING:**

The following information provided from the St. Charles County Health Department (636) 949-7400 and the nurses of the City of St. Charles School District.

### **HEAD LICE**

#### Facts

1. One adult louse can lay 10 eggs or nits a day and live up to 30 days.
2. Nits hatch in 7-10 days. Heat accelerates incubation.
3. Nymphs mature to adults in 7-10 days (2 week life cycle).
4. Lice do not fly or jump. They crawl.
5. Lice have a meal every 2-3 hours.
6. Lice can survive a day without a host, but no longer than 48 hours.
7. Itching is the most common symptoms, but may not occur until one week after infestation. Up to 50% may not itch at all.
8. Age, hygiene, blood type, and hair treatments, i.e., coloring and perming, do not prevent infestation.

#### Nits

1. Nits or eggs are teardrop shaped and are cemented on one side of the hair shaft.
2. Nits need constant heat and moisture to mature.
3. Each strand can have more than one nit.
4. Nits found further down the shaft can be viable (alive).
5. They are most commonly found on the top of the head and above the ears. They also like the nape of the neck, but check the entire head.
6. Description:
  - A. Transparent – fresh
  - B. Plump and creamy – viable
  - C. White – empty
  - D. Red or black – dead embryo
  - E. Flat – died before fully developed
  - F. Small or deformed – laid by a dying louse
7. Remove all nits regardless of status.

#### Products

1. Nix™ – 1% Permethin
  - A. Works the best and is least toxic. Medicaid currently will pay for Nix™.
  - B. Leaves a residue on hair to kill newly hatched lice.
  - C. High pH and water based shampoo required before treatment (Prell™). It should not have conditioners, proteins, fruits, or vegetables added.

- D. DO NOT use any other shampoos or conditioners before treatment or within 7 days after treatment.
  - E. Use vinegar, Clear™, or Step 2™ to comb out the nits before using Nix™ (optional).
  - F. DO NOT shampoo for 24 hours after treatment.
  - G. Reapply 7-10 days if any nits continue to be found.
2. Rid™, A-200™, R&C™ – Pyrethrins
- A. Not as effective
  - B. There is no residual activity. Physically remove all lice and nits.
  - C. Must retreat 7-10 days (suggested if nits continue to be found).
  - D. May aggravate asthma or trigger allergies in people sensitive to ragweed or chrysanthemums.
3. Kwell™ – Lindane – Requires a doctor's prescription

Treatment

1. Check all heads in your household. Treat all affected members at the same time. Do not have your child do his/her own treatment.
2. Remove clothing and wash immediately.
3. Shampoo. Do not use shampoo with conditioners, proteins, fruits, or vegetables added. Prell™ is recommended.
4. Use vinegar, Clear™ or Step 2™ to help comb out nits (optional).
5. Towel dry hair as dry as possible, but not completely dry. Place a piece of toilet paper on hair. If the tissue absorbs water and sticks, it's too wet.
6. Cover eyes with a towel.
7. Use sink. Do not use in tub or shower to prevent overexposure to product.
8. Apply product and set timer. Use enough product to cover hair completely. Some sources say to use whole bottle of Nix™ per person.
9. While waiting:
  - A. Inspect fingernails
  - B. Call school and parents of possible contacts
  - C. Do mental inventory of where lice and nits may have been shed (couch, car, carpet, etc.)
  - D. Prepare laundry.
10. Rinse hair.
11. Towel dry hair with new towel and comb.
12. Comb with nit comb. Remove all nits and lice, because no treatment is 100% effective.
  - A. Metal comb is more effective than the one provided with the product.
  - B. Comb one section at a time and use clips.
  - C. Place nits in tissues and flush or bag. May rinse in sink.
13. Rinse hair when finished and allow to air dry.
14. Put on clean clothes that couldn't have been infested.
15. Recheck hair and remove remaining nits.
16. Retreat in 7-10 days.
17. If any treatment is unsuccessful, make sure directions were followed correctly, and then try treatment with a different active ingredient.

### Combs

1. Scrub to remove all hairs and nits, etc.
2. Heat in 150°F water for 10 minutes.
3. Soak in pediculicide for 1-2 days.
4. Don't forget ribbons, bows, ponytailers, etc.

### Laundry

1. Wash in hot water (150°F) and dry in hot dryer.
2. May put dry fabrics in hot dryer for 20 minutes.
3. Don't forget to clean the laundry baskets with soap and water.
4. Bag, dry-clean, or vacuum items not washable.

### Vacuum

1. Vacuum mattress, sofas, chairs, pillows, carpets, cars, etc. Everywhere child has been for the last week.
2. Coats (especially around the neck), clothing in closet, and stuffed toys may be vacuumed, also.
3. Discard vacuum bag after each vacuuming in an outside container.

### Bagging

1. Bag any item that can't be washed or dry-cleaned.
2. Seal in plastic bag for at least 10 days to 2 weeks.
3. Shake each item vigorously outside when removing from the bag.
4. May vacuum instead of bagging.
5. May place in cold temperatures of -5°F for 5 hours or 5°F for 10 hours. Clothing and bedding may take longer due to insulating effect.

### Sprays

1. Sprays are NOT recommended.

**RETURNING TO SCHOOL: Remove all lice and as many nits as possible. Parent must accompany student to be checked at school clinic. Proof of receiving treatment must be presented (dated sales slip or used container). School nurse and/or principal will determine if child has had adequate treatment. A child should not miss more than one or two days because of treatment for head lice.**

### **PLEASE NOTE:**

The school nurse checks the heads of students at school whenever it is indicated. This includes contacting other schools where siblings of infected students attend. Please check your child's head at least two times a month. **IF HEAD LICE OR NITS ARE FOUND, PLEASE CONTACT THE SCHOOL NURSE SO THAT FOLLOW-UP CARE CAN BE DONE AT SCHOOL.** If you are unsure of what you are looking for, please contact the school nurse, your doctor's office, or the St. Charles County Health Department for assistance.

Thank you for your cooperation.