

PARENT CHECKLIST FOR HEAD LICE



Recommendations for treatment of live head lice or lice nits.

- Contact your student's health provider with questions and concerns regarding head lice treatment practices. Check with your student's health provider before using lice-treatment shampoo on children with chronic health concerns.
- Please provide information to your school clinic when your student has received treatment for head lice nits and/or live adult head lice. Children with only lice nits remain in school unless otherwise affected with illness. Children may return to school after receiving treatment and no live head lice are present.
- Reassure your student that head lice is a nuisance, not a health hazard. Be supportive - your student may feel upset or embarrassed because of the head lice.
- Inspect all family members for evidence of live head lice or lice nits. Head lice nits appear as oval, clear, and the size of a pinhead. Live head lice are small, wingless and do not fly or jump and are observed moving through the hair or near the scalp.
- Shampoo your student and other affected family members with over-the-counter products like RID® or NIX® which are intended to kill the developing eggs or nits, and live adult head lice. Your physician may also indicate the need for prescription treatment.
- Do not shampoo babies or children younger than 1 year with the lice-treatment shampoo.
 - Do not shampoo pregnant or nursing women with the lice-treatment shampoo.
 - Name of product used _____ and treatment date _____. Remember to re-treat in 7 days _____.
- Remove lice nits from hair shaft with "nit comb" (usually provided in the box with the shampoo treatment) and/or your fingernails. Section out the child's hair and work through each section individually to remove lice nits.
- Soak all combs/brushes in hot water or lice-treatment shampoo for 10 minutes.
- Wash all bedding and towels in hot soapy water. Put blankets in hot dryer for 20 minutes.
- Any item (s) that cannot be washed or dry cleaned should be sealed in a trash bag(s) for at least 14 days.
- Vacuum the mattress, carpets, upholstery and car seats.
- Environmental insecticide sprays increase possible harmful exposure to chemicals and are not helpful in the elimination of head lice.
- Repeat treatment of all affected family members with special lice-treatment shampoo in one week's time. Continue removing lice nits on hair shafts.
- Inspect your child's hair periodically and remind your child not to share hats, scarves, hair decorations.