

Warrior Run School District
School Health Services
A Guide for Controlling a Lice Problem in Your Home

Dear Parent:

Head lice can happen to anyone. It is not a sign of having poor health habits or poor hygiene. The most important fact to remember is that the problem should be quickly treated because delays will only help to spread the infestation throughout your family.

Signs of head lice:

Head lice are hard to see but these are signs to look for:

- ❖ A family member persistently scratching the head or back of the neck.
- ❖ White specks in the hair. Look for whitish eggs, which can be mistaken for dandruff. Dandruff is removed easily from the hair or scalp; however, nits (eggs) are glued to the hair shaft and are very difficult to remove. They are found on the hair between ½" to 1 ½" from the scalp.

If head lice are found:

1. Purchase special shampoo or crème rinse formulated to treat head lice/nits at drug or grocery stores; OR, you may need to obtain a prescription from a physician.
2. Apply the special medicated shampoo or crème rinse according to the directions on the bottle. Do not use on eyebrows or eyelashes.
3. Inspection for and treatment of lice should be done with a light shining directly on the hair.
4. Using a fine toothed steel comb, comb through hair, one small section at a time to remove dead lice and nits. Nits remaining in the hair following the combing process should be removed with your fingernails. *In most cases, you may have to use your fingernails to rid the hair of all nits. It is necessary to be free of all nits.*
5. As treatment can be accomplished in an afternoon or evening, children should be able to return to school the next day; however, **students must be free of all nits in order to return to school. To be certain that the student is free from lice and nits, it is important that the parent/guardian transports the student to school and be checked by the nurse prior to him/her returning to class or riding the school bus.**
6. All bedding, clothing, towels, etc. should be washed in hot water (130 degrees) with detergent and machine dried. Disinfect combs, brushes, and similar items by soaking/washing with a special shampoo. Items not washable/dry cleanable should be sealed in a plastic bag for 2-3 weeks.
7. Vacuum thoroughly, especially upholstery, rugs, mattresses, and vehicles. Special sprays available in drug stores may be used; however, thorough vacuuming of these areas is also effective. (REMEMBER—DO NOT SPRAY PEOPLE, ANIMALS OR UNDERCLOTHING).
8. Inspect all family members periodically for any new lice infestation. It is especially important to check hair every day for two weeks after lice have been found and initially treated. Also, instruct your child not to borrow combs/brushes or hats, from others.
9. For more information, contact your state health department, physician or school nurse.

To be certain that the student is free from lice and nits, it is important that the parent/guardian transports the student to school and be checked by the school nurse prior to him/her returning to class. The student will not be permitted to ride the school bus. Please feel free to contact the school nurse for any questions.