

Dear Parent/Guardian,



Your child has been identified with having a case of head lice. You may wonder, "**Now what do I do?**" Treatment for lice is time consuming and necessary to return to school. It requires a methodical step-by-step approach to assure you break the life cycle of the louse. For more information, see the Barrington 220 website for evidenced-based lice information.

<http://www.barrington220.org/page/231>

Lice Life Cycle and Information:

- To get the best results in ridding your child and home of lice it is helpful to understand the life cycle of the louse, approximately 30 days.
- Fertilized female adult lice lay their eggs (nits) on hair shafts a 1/4 inch from the scalp. Nits are firmly attached to the hair and are hard to remove.
- Eggs take 7-10 days to hatch, and then take another 8-9 days to reach the adult phase.



- Adult females will lay 6-7 eggs a day until the end of their life cycle.
- Lice and eggs need close proximity to the scalp (for food and warmth) to survive.
- They do not fly or jump, but they do crawl. It is very rare for someone to become infested from lice or eggs that fall off another person. Studies indicate lice are primarily spread from direct head to head contact (University of Nebraska).

HEAD LICE PROOF OF TREATMENT

Your child has a case of head lice. Other members and items in your household may also be infested with head lice. In order to eradicate this problem, and to decrease the opportunity of your child from getting head lice again, please complete the following checklist. Each of these steps should be done on the SAME DAY.

Return this completed checklist with your child upon readmission to school.

STEPS FOR DAY 1	Completed
Go to District 220 website at www.barrington220.org to review parent resources regarding head lice. This can be accessed through the following steps: 1. Parent Resources 2. Health Office 3. Head Lice	
Check all household members for nits (lice eggs) and or lice. Treatment is recommended for any person who shares a bed with your child, even if no nits/lice are found.	
Treat your child's head and all infested household members with a pediculicide shampoo (special shampoo for killing head lice), following ALL instructions carefully. What brand of shampoo did you use? _____ <i>***Consider calling your physician for product recommendations, especially if your child has a known skin/health condition.</i>	
Comb with a special fine toothed comb (metal comb recommended) to remove lice and nits following package instructions or the video link on our district web site (see above).	
AFTER TREATMENT, wash clothing and items that all treated household member's heads have been in contact with <u>from the last two days</u> . Use hot water (130 degrees) and/or hot dryer. This may include: <input type="checkbox"/> Bed linens <input type="checkbox"/> Towels <input type="checkbox"/> Coats/Jackets <input type="checkbox"/> Hats <input type="checkbox"/> PE/Gym Clothes <input type="checkbox"/> Pillows <input type="checkbox"/> Stuffed Animals <input type="checkbox"/> Dress-up Clothing	
Bag items for two weeks or dry clean items that cannot be machine washed.	
Soak combs, brushes, recently used hair accessories and wigs in hot water (130 degrees) for 10 minutes.	
Vacuum or thoroughly wipe down areas where combs, brushes, hair accessories, and wigs are stored (drawers, baskets etc.) .	
Vacuum the floor and furniture where treated household members sit for any period of time, and where they sleep. This may include: <input type="checkbox"/> Furniture <input type="checkbox"/> Cushions <input type="checkbox"/> Mattresses <input type="checkbox"/> Carpeting <input type="checkbox"/> Car Upholstery/Car Seats	
Read "Yikes-Lice" to your child and instruct them not to share clothing, hair combs, brushes, and hair accessories.	
Notify all close contacts (friends/family with whom your child spends a lot of time after school with, especially sleep over friends) so they can inspect their children's heads. This is a very important step to stop the spread of lice. Failure to notify close contacts may result in a high chance for your child to become reinfested.	

Please return this completed checklist to the school nurse upon readmission to school.

Parent/Guardian Signature

Date

Head Lice Treatment Continued

None of the pediculicides (lice killing shampoos) are 100% capable of killing nits (eggs), so *it is not unusual* to find weakened or newly hatched lice and nits over the next few days. Please remember only viable adult lice can cause an infestation. Manual nit removal and re-treatment as instructed on product package are recommended.

STEPS FOR DAY 2-7	Completed
Continue to check treated household members for nits or lice daily. Continue vigorously combing out (with metal nit comb) wet hair each time. ___Day 2 ___Day 3 ___Day 4 ___Day 5 ___Day 6 ___Day 7	
Continue to monitor untreated household members for missed signs of lice or nits.	
As an added precaution, you may want to change pillowcases daily of treated household members. ___Day 2 ___Day 3 ___Day 4 ___Day 5 ___Day 6 ___Day 7	
Continue to remind your child not to share clothing, hair combs, brushes, and hair accessories. Refrain from sleepovers until your child is clear from lice/nits (day 21-24).	
Do not allow treated household members to swim in chlorinated water since it diminishes the killing effect of the lice shampoo.	
STEPS FOR DAYS 7-10	
Re-treat your child's head and all infested household members with a pediculicide shampoo (special shampoo for killing head lice), as instructed on product package. What brand of shampoo did you use? _____ <i>*Additives that are present in almost all daily used shampoos may decrease the effectiveness of the killing effect of the lice shampoo so re-treatment is recommended.</i>	
AFTER TREATMENT, wash all treated member's bed linens in hot water (130 degrees) and/or hot dryer.	
Continue to check treated household members for nits or lice every few days. Continue vigorously combing out (with metal nit comb) wet hair each time.	
Continue to monitor untreated household members for signs of nits/lice.	
STEPS FOR DAYS 11-24	
Continue to check treated household members for nits or lice each week. Continue vigorously combing out wet hair each time.	
IF LIVE LICE ARE STILL PRESENT, CONTACT YOUR PHYSICIAN FOR FURTHER TREATMENT OPTIONS.	

Once the presence of nits have been gone for 2 consecutive weeks AFTER re-treatment, you have successfully completed lice treatment Please return this completed checklist to the school nurse who will do a final head screening. Please remember that lice are ever present in our society. Head checks (with metal nit comb) should be a part of your child's hygiene routine (at least once a month) so that early detection and treatment is possible.

Parent/Guardian Signature

Date

Lice Treatment Requires Multiple Steps

- Checking family members for live lice or lice eggs



- Treating the scalp of those with confirmed lice with a lice product. Consider calling your physician for product recommendations, especially if your child has a known skin/health condition.
- Cleaning the environmental: vacuuming, laundering, bagging.
- Notifying close contacts
- Regularly checking family members in an ongoing basis.
- Refrain from sleep overs until treatment is successfully completed.



Complete the “Head Lice Proof of Treatment” Pages:

Completion of the checklist requires time and patience.

- It is designed to break the lice life cycle.
- Missing a step will increase the chance of lice making their way back into your home.
- Continue to regularly check family members for new infestations. This will allow you to identify a new case in the early stages.
- Send your child back to school with a completed “Head lice proof of treatment” form and assure your child visits the school nurse for a head check before school reentry.

Notify Close Contacts (siblings, play mates, sleep over friends)

- It is understandable that notifying close contacts may be a difficult conversation to have; however failure to notify close contacts will increase the likelihood of an unsuspecting playmate giving lice back to your child.



- Help your child understand there is no shame in having head lice. A methodical approach will help calm any fears or anxiety.

Reinforce Prevention Strategies:

- Teach your child not to sit or lay head to head when watching TV or playing video games with others.
- They should not share brushes, combs, or hair devices.
- Coats, sweaters, hoodies, sports gear, etc, should be hung up or properly stowed; not piled on top of another person's clothing.
- Remember, lice require close head to head contact so sleepovers and overnight camps may increase the chance of exposure to lice. Children should be checked before and after these events.

We hope this information will assist you. Please feel free to contact your school nurse with any questions, concerns, or references for support from “Parents who have been there and done that”.