



The Bais Yaakov Lice Handbook



Prevention. Screening. Removal.

With tremendous appreciation to Mrs. R.L. Gewirtz, RN for compiling this handbook.

For an electronic version of this handbook, please see www.baisyaakov.net

BAIS YAAKOV SCHOOL FOR GIRLS

ELEMENTARY SCHOOL HEALTH SUITE · 410.363.3300 X 309 · NURSE@BAISYAAKOV.NET

Dear Parents,

Thank you for joining us in our endeavor to prevent nits and lice in Bais Yaakov Elementary and Preschool; we appreciate all of your efforts! We hold lice screenings at Bais Yaakov four times each school year: at the beginning of the school year, after the Succos recess, after the Chanukah recess, and after the Pesach recess. However, the screenings that we do at Bais Yaakov cannot effectively prevent your children from getting lice. We need your vigilance and participation as well.

Please check your daughter's hair for nits and lice routinely. A 2-3 minute check on a regular basis (such as once a week) is the only way to catch a problem before it escalates. **This is the responsibility of each family and needs to be in addition to the checks that will be done in school.** Only with your help can we hope to maintain our nit-free, lice-free environment at school.

If you have any questions, please feel free to contact the school nurse at 410-363-3300, ext. 309.

Thank you,

Mrs. Atara Naiman, RN

Bais Yaakov School Nurse

Per Bais Yaakov Policy

- No student may be in school with lice or nits.
- Any girl found with nits or lice will be sent home to have her hair treated.
- You must bring your daughter to school to be rechecked by the school nurse in order to be readmitted to school. Only once she is found to be free of all nits and lice may she return to class.
- **Do not send your daughter in carpool or on the bus until she has been readmitted to school by the school nurse.**
- **Do not drive your carpool until your daughter has been readmitted to school by the school nurse.**
- You must notify your daughter's carpool if lice or nits are discovered in her hair.
- If a lice or nit problem persists in a carpool, that carpool should avoid carpooling for a few weeks until the problem is resolved.
- Please also notify all others who have come in close contact with your daughter that she has had lice.
- If you travel out of the country or have guests from out of the country, send your daughter to the school nurse's office to be checked for lice **prior to returning to class.**
- Please be vigilant after traveling to any out-of-town city or having out-of-town guests.

These steps will help prevent the spread of lice and can also help prevent your own children from being reinfested.

Dry Checking for Lice & Nits

- Perform the checking in a room with bright light - sunlight if possible.
- It is easier to check hair for lice and nits when hair is dry.
- Separate a very small section of hair.
- Look closely at each strand of hair.
 - Pay attention to the hair closer to the scalp, though please note that nits can be found at any point along the hair shaft.¹
 - **Careful attention should be given to the area behind the ears and the nape of the neck.²**
- Repeat with the next small section of hair – going in an orderly manner so you don't forget any section – until you have checked the entire head of hair (and scalp).
 - **Nits** look like small yellow, tan, brown or white specks shaped like a sesame seed or teardrop. Nits are only attached to one side of the hair shaft and will cling tightly to the hair shaft while other particles will not.¹
 - **Lice** shy away from light and crawl quickly so they may be hard to find.¹
 - **Dandruff** looks like white flakes of dead skin that will move easily off the hair and can look more patchy. Dandruff can also cause an itchy scalp.⁶
 - **Hair casts** (or pseudonits) are firm, white, movable accumulations of part of the root of the hair and surround the entire strand of hair.⁴
 - **Cradle cap** causes a scaly, crusty scalp. While cradle cap is most common in newborns, it can continue into school-aged children.⁶
 - A scalp that has lots of persistent dandruff or scaly cradle cap needs special treatment such as dandruff shampoos or dermatologist-prescribed shampoos.
- Please make sure that your children scrub their scalps in the bath or shower and rinse out all shampoo and conditioner well. Shampoo that is left in the hair to dry can also flake and confuse the checking process.

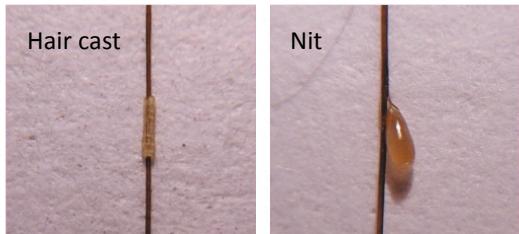


Picture Gallery

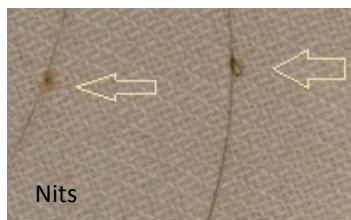
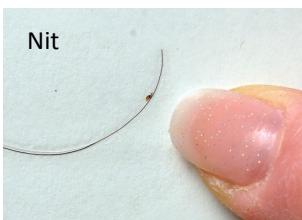
Dandruff



Hair casts



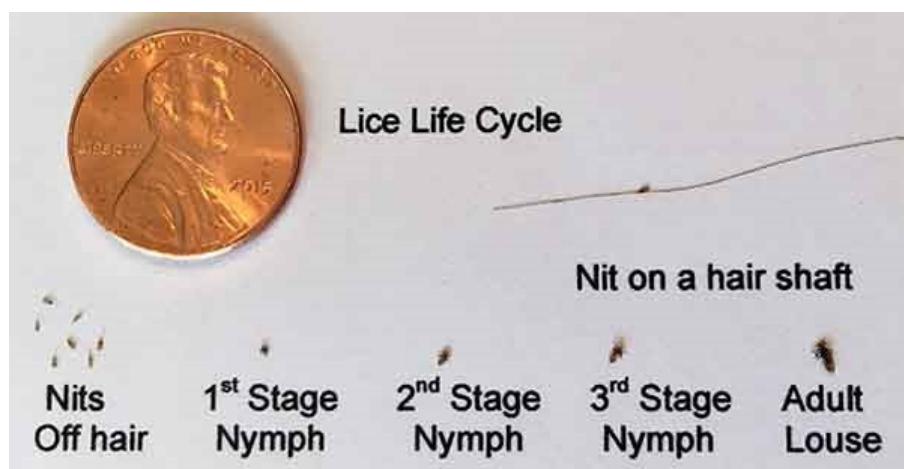
Nits



Lice



Lice Life Cycle



Removal

In cases with only a few nits, or when you need to remove the last few nits, perform a **dry check** (described above) and manually pull out any nits found. In cases with lots of nits, do the following:

- Comb out all knots and massage a liberal amount of good-quality, thick conditioner (e.g. Pantene) into dry hair to saturate it, ensuring that conditioner is applied from the scalp to the ends of the hair.² The conditioner will contain the lice, slow them down, and may smother them. It will also loosen the nits from the hair, making them easier to comb out of hair.
- Do not use olive oil, Vaseline, or mayonnaise.
- Comb all hair with a regular comb or brush first to remove tangles. This will make combing with the nit comb hurt less.
- Separate a small section of hair, and, starting at one side of the head, run a good-quality, fine-toothed metal comb (e.g. Nit-Free Terminator) flat against the head through the section several times. The Nit-Free Terminator can be purchased from the Bais Yaakov school nurse or online on Amazon.
- Wipe conditioner and lice or nits that have been removed with combing on a paper towel after each stroke.²
 - ◆ Nits will look grayish-brownish on the paper towel and will have a small “tail” or “antenna” coming off of one end.
- Continue with the next small section of hair until you have combed the entire scalp in this manner, covering each spot multiple times.
- Nits that are resistant to combing may be removed by using your fingernails and running them from the base of the hair shaft to its end.²
- Hair should be combed until it appears free of lice and nits.²
- After combing, hair should be washed, dried, and rechecked (hair is easier to check when it is dry). We encourage you to have another person check as well (in addition to the recheck done by the school nurse) — to provide additional verification.
- To clean the comb after use, boil it for 3 minutes or soak it in rubbing alcohol.⁵
- **Lice will not go away after one treatment. Continue to comb and visually inspect your child’s hair (with the dry check procedure described above) daily for 2 weeks to prevent re-infestation.**^{2, 5}
- Boys and adults can get lice too! **All members of the family** should be checked for lice and nits.



Treatment

Lice can only live for 1-2 days off of a human head; nits can live up to 1-2 weeks off of a human head, but cannot hatch without the temperature similar to that of a head.³

- Thoroughly vacuum all fabric or upholstered surfaces for the first 24-48 hours after an infested person sits on them. After 48 hours vacuuming is unnecessary.^{2,3} This includes car seats, headrests, couches, carpets where heads have been, pillows, bean bag chairs, etc.
- All clothes, bed linens, coats, knapsacks, and other items used or worn by an infested person should be machine-washed using hot water (130°F) and dried on high heat if the items can tolerate the heat.³ Clothes that cannot be machine washed or cannot tolerate the heat can either be sealed in an air-tight plastic bag for 2 weeks OR dry cleaned.
- Disinfect brushes, combs, and all hair accessories by soaking for 5-10 min in hot water (at least 130°F).^{2,3} Accessories and items that cannot be boiled can be sealed in an air-tight plastic bag for 2 weeks or put in the freezer for a few days.



6 Tips for Lice Prevention

1. **Have your daughter wear her hair pulled back into a ponytail, bun, or braid.³**
2. Avoid head-to-head contact with playmates and classmates.³
3. Do not share clothing or personal items, including hats, scarves, coats, hair accessories, brushes, and towels.³
4. Avoid fabric or upholstered surfaces (eg; couches, bedding, carpets, stuffed animals, car seats) that have come in contact with an infested person within the past 48 hours until they have been thoroughly vacuumed.^{2,3}
5. Instruct your child to avoid placing hats, clothing, or other accessories in shared lockers or on shared hooks.⁷
6. Prevention products, such as rosemary, vinegar, citronella, eucalyptus, tea tree and lemon grass, may work to repel lice. However, they are unregulated by the FDA and do not have a lot of evidence that supports their use. Please note that even when labels state that products are 'natural' they can still be toxic and irritating to the lungs and skin.⁷

Community Resources

For video resources, please contact the school nurse. Please note that these videos were produced by secular sources.

Out-of-School Screenings or Assistance

Mrs. Leah Dinner 410-963-0803

Mrs. Elana Grayman 410-905-0156 *Combs available for sale.

Mrs. Rus Malka Ifrah 484-477-2170

Mrs. Basi Lowenthal 410-764-8353 (Call for additional resources if necessary.)

Mrs. Soroh Rus Schubert 410-585-0363

Mrs. Rebecca Spero 410-302-8917

Mrs. Russie Steinhardt 410-486-7163

Mrs. Sara Shayndle Zuckerman 410-753-2320

Fees may apply for out-of-school screenings.

MD Lice Control 410-487-2899

Please note: There are companies that charge a fee to come to your home to comb out lice and nits. However, not all guarantee complete removal of all nits. In addition, some use products that are not evidence-based for safety and efficacy.

References

1. American Academy of Pediatrics. (2016). *Head lice: what parents need to know*. Retrieved from <https://www.healthychildren.org/English/health-issues/conditions/from-insects-animals/Pages/Signs-of-Lice.aspx>
2. Australian Department of Health. (2006). *Head lice fact sheet*. Retrieved from <http://fosteringtogether.org/wp-content/uploads/2013/06/Forms-Head-Lice-Information-Sheet.pdf>
3. Centers for Disease Control & Prevention [CDC] (2013). Parasites– lice– head lice: *Prevention and control*. Retrieved from <https://www.cdc.gov/parasites/lice/head/prevent.html>
4. França, K., Villa, R. T., Silva, I. R., de Carvalho, C. A., & Bedin, V. (2011). Hair Casts or Pseudonits. *International Journal of Trichology*, 3(2), 121–122. <http://doi.org/10.4103/0974-7753.90834>
5. Longworth, D. (n.d.). *A parent guidebook: getting rid of head lice*. Retrieved from https://www.chufsd.org/cms/lib/NY01913608/Centricity/shared/cet/web%20docs/PTA-A_Parent_Guidebook-Getting_Rid_of_Head_Lice.pdf
6. Mayo Clinic (2016) Dandruff. Retrieved from <https://www.mayoclinic.org/diseases-conditions/dandruff/symptoms-causes/syc-20353850>
7. Steckelberg, J. M. (2015). Head lice prevention: what works, what doesn't? Retrieved from <http://www.mayoclinic.org/diseases-conditions/head-lice/expert-answers/head-lice-prevention/faq-20058386>