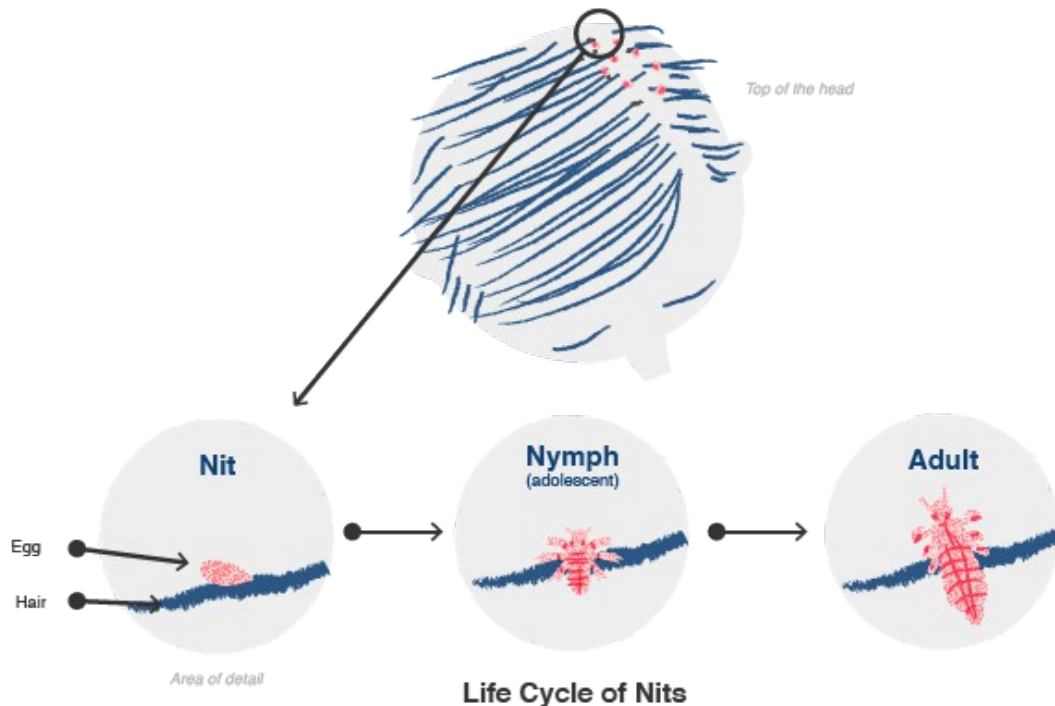


## From the Health Clinic



Mrs. Maureen Earner (mearner@stambroseschool.org)

### Yikes! Head Lice! What should I do?



Head lice are not dangerous. They breed rapidly and quickly form scalp infestations which cannot be ignored. Lice reproduce mostly in human hair follicles and feed on human blood. Eggs, or nits, are attached to hairs near the scalp, where the adolescent (nymphs) and adult lice live.

### Important Questions to Ask Yourself about Lice

1. **Question: How did my child get lice?**

**Answer:** Lice are transferred from head-to-head contact. This can occur while a child is near another child with lice or through the sharing of: hats, brushes/combs, scarves or ponytail holders. Avoid pillows, beds, couches or related objects if someone with lice has

used them. Lice do not live long without human hosts. Any on the floor will be dead in a few hours or a day.

2. **Question: What are the signs of lice?**

**Answer:** A child may report feeling something moving on their head, excessive itching, and irritability or have difficulty sleeping (lice are most active at night).

3. **Question: How do I find lice on my child? What am I looking for?**

**Answer:** Using a magnifying glass, fine-toothed comb (nit combs often come with medication) and bright or natural lighting, inspect the strands of your child's hair close to the scalp and roots. Look for white dots that indicate lice eggs and live lice are present.

4. **Question: How do I treat my child who has lice?**

**Answer:** Head lice can be controlled by the following steps:

1) Treatment – Several shampoos to kill lice are on the market. Some can be bought over the counter at your local drug store, but others require a prescription from your health care provider. All members of the household should be inspected for head lice and treated only if evidence of infestation is present. Consult your physician or the health department before treating very young children, elderly, chronically ill, or other individuals as indicated in the directions accompanying the shampoo.

2) Procedure

- Follow precisely the instructions supplied with the shampoo.
- Treatment should not be done in the shower or bathtub.
- The shampoo should only be in contact with the scalp and hair and only for the time period specified in the instructions.
- Remove all nits from wet hair with a very fine-toothed comb or by picking them off the hair shaft. It is essential to remove all the nits to eliminate the possibility of hair being infested.
- Put on clean clothes after shampooing.
- There are some [home remedies](#), such as using olive oil, which can slow down lice in order to comb them out of the hair.

5. **Question: How do I rid lice from my home?**

**Answer:** To prevent re-infestation, you need to thoroughly clean your home.

- Wash any fabric item the child has contacted for the prior 48 hours in hot water and dry on high heat.
- Seal non-washable items in airtight plastic bags for at least two weeks.
- All hair care implements should be washed in hot, soapy water.
- All upholstery must be thoroughly vacuumed every day until you're sure you are rid of lice; this includes fabric-covered furniture.

# A Visual Guide to Finding and Removing Lice

## Supplies



Disposable rubber gloves



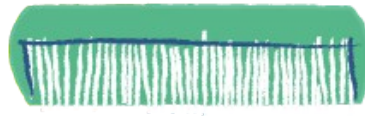
Styling/hair clips



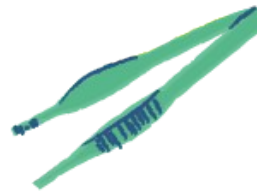
Magnifying glass



Bright light



Nit comb or fine-toothed comb

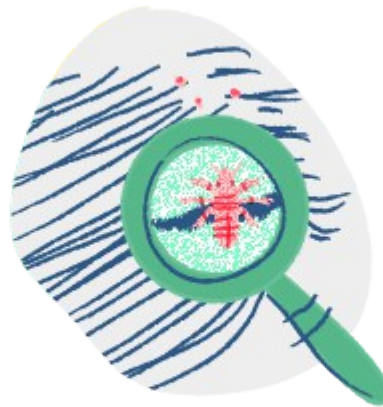


Tweezers

## Finding Lice



1. Wearing gloves, and under bright light, part hair to scalp in small sections.



2. Examine scalp and hair for nits and moving lice, use magnifying glass for closer look.

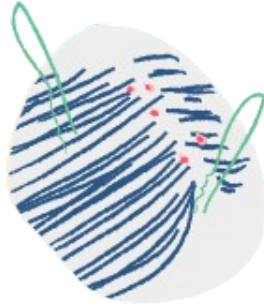


3. Look at entire head, particularly the back of the neck and above the ears.

## Removing Lice



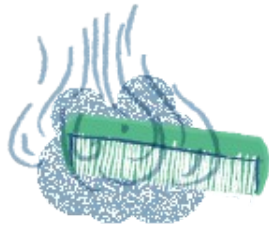
1. Wearing gloves, apply either medication or home remedy



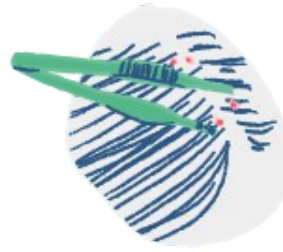
2. Separate hair into small sections and secure with clips



3. Comb each section from root to tip with nit comb



4. Rinse comb under hot water after each pass



5. Use tweezers to gently remove stubborn nits

- **If lice are on your child, lice are in your home.** You need to examine everyone in your family who has come into contact with the infected child. Without a host's body heat and blood, lice only **survive for a day**; however, their sheer numbers mean it is likely one is lying in wait for an unsuspecting sibling or classmate.
6. **Question: What is Saint Ambrose School's Policy for Head Lice?**

**Answer:**

**Saint Ambrose School Lice Policy – p. 52 Parent/Student Handbook (2016 – 2017 School Year)**

All students determined to have an active case of lice will be excluded from school until they receive treatment. It is the responsibility of the parent/guardian to provide appropriate and adequate treatment for the student and home environment as recommended by their health care professional. Readmission to school is determined by the school health/administration based upon re-inspection and the effectiveness of treatment. Follow up treatment is expected and verified by the school nurse/administration. Classroom contacts may be inspected.

All cases of head lice must be reported to the school office or clinic immediately. St. Ambrose Catholic School has a **“NO NIT” policy**. If a student is discovered to have head lice or nits while at school, he/she will be sent to the school clinic and the parent/guardian will be contacted to come and pick up his/her child. A notice via email will be sent to all parents/guardians with children in those grade level classes informing them of the incidence of lice. Students in that grade may be checked individually for lice or nits at the

parents' request via email or phone to the school nurse. Extended Day staff will be notified of cases within the school as well.

After scalp treatment and the removal of all nits, the identified student may return to school but must report with his/her parent/guardian to the school health clinic to be checked before returning to class. If the student is found to have nits, he/she will not be permitted to return until all nits are combed out (removed).