

**HEAD LICE
INSTRUCTIONS FOR PARENTS AND
RECOMMENDATIONS FOR TREATMENT**

When a student has head lice, the student will be sent home to be treated with a head lice shampoo. When the student is sent home, the student will receive a letter outlining required treatment (See Letter # 1).

When the student returns to school, school officials must be provided with proof of treatment and the student's hair must be lice and nit free as outlined in Letter #1.

A second treatment will be required seven to ten days after the first treatment. The student will receive a letter stating that the second treatment is due (See Letter #2).

When the student returns to school, proof of treatment is outlined in Letter #1 must be provided.

Letter #1

Dear Parent or Guardian:

In a screening examination at school, your child was found to have head lice. In order to protect your child and to prevent further spread in school, this condition must be treated at once. You may wish to contact your family doctor or pharmacist or follow the attached recommendations as outlined by the Oklahoma State Department of Health.

Your child will be readmitted to school immediately after treatment is judged by school officials to have been effective and there is no evidence of lice or nits. Your child should miss no more than one to two days of school. With prompt treatment, he or she may miss no school at all.

Our policy requires that your child present proof of treatment upon returning to school - - a note from a physician or county health department or the boxtop/label from an appropriate medication - - and he or she will be rechecked. If the treatment was satisfactory, your child will be readmitted to school.

Our policy also requires that your child have two separate head lice treatments separated by 7-10 days. Your child's first shampoo should be on _____. The second shampoo is required to make certain that all eggs have been thoroughly penetrated and newly hatched lice have been killed. The second shampoo should be on _____.

If you have any questions concerning our head lice policy, please feel free to contact me at 933-4457. We sincerely appreciate your cooperation in this matter.

School Nurse

Oklahoma State Department of Health
Recommendations for Treatment

Since head lice can spread quickly, all persons in the household should be checked for the presence of head lice. All persons in the household who have head lice should be treated at the same time. Several shampoos to kill lice are available. Some can be bought over-the-counter at your local drug store. Some preparations require a prescription. You may wish to consult your local pharmacist or your physician.

Follow this four-part procedure to remove lice and eggs from the infested person's head:

1. Remove all the infested person's clothing.
2. Use a medicated shampoo as directed on the label or by your physician.
3. Comb hair thoroughly with a fine-toothed comb to remove all dead lice and nits (eggs). To make combing easier, it may be helpful to apply a crème rinse or a one-half vinegar/one-half water solution after shampooing.
4. Have the person put on clean clothing after the treatment.

The following measures should also be taken to control the spread of lice in your home:

1. Wash all clothing and bed linens using very hot water. Dry these articles in a hot dryer. (Personal items of clothing or bedding that cannot be washed may be dry cleaned or placed in a plastic bag and sealed for a period of ten days.)
2. Soak combs, brushes, hair pins, etc., in a two percent (2%) solution of Lysol for one hour, or put them into a pan of water on the stove and heat to at least 125°F for five to ten minutes. Caution: heating may damage the comb or brush.
3. Vacuuming the house and rooms inhabited by persons with head lice should be adequate to remove any lice present. Fumigation of homes has not proven to be effective.
4. Individual combs, brushes, towels, etc., should not be shared with anyone else at home or school. Clothes, coats and hats should be separated into individual closets.

Letter #2

Dear Parent or Guardian:

It has been seven to ten days since your child was treated for head lice. Our school policy requires that your child be retreated for head lice at this time. When your child returns to school, he or she must present proof of treatment (note from physician or health department, or the boxtop/ label from the medicated shampoo). He or she will be rechecked for the presence of head lice and nits before being readmitted to school. If the treatment was satisfactory, your child will be readmitted to the classroom.

If you have questions concerning our head lice policy, please feel free to contact me at 933-4457. We sincerely appreciate your cooperation in this matter.

School Nurse

Letter #3

Dear Parent or Guardian:

This is to inform you that some cases of head lice or nits (louse eggs) have been found at your child's grade level. All known contacts have been checked and those found to be infested have been sent home with instructions for treatment.

We suggest that you check your child's hair at frequent intervals. If you think your child may be infested, please check with your family doctor, the county health department or the school nurse.

You may find the following facts about head lice interesting:

Lice are spread by person-to-person contact.

They cannot be contracted from animals, grass, or trees.

Lice cannot jump or fly.

Lice can be found on persons of any age, sex, race, social, or economic class.

Head lice have nothing to do with personal hygiene.

Lice can infest hair of any length. Cutting or shaving the hair is not necessary.

Special medicated shampoos are available to get rid of lice.

If you have questions or concerns about this condition, feel free to contact me at 933-4457. We sincerely appreciated your cooperation.

School Nurse