

HEAD LICE INFORMATION AND TREATMENT

Date _____

Dear Parents:

Your child, _____ has been checked by a NOCAC Child Development staff member and was found to have ___nits and/or ___live head lice.

The following steps must be followed:

1. A visit by a NOCAC Child Development staff person will be made to your home the day after lice/nits are found. Home Base staff will conduct a home visit prior to your child attending the next scheduled center experience.
2. If your child is found to be nit free and/or has shown improvement at the time of the visit to your home, the child will be allowed to return to Head Start/Preschool.
3. If your child is still not nit free the day after the nits are found, the staff person will schedule a second visit to check your child based on when you think you will be able to clear your child.
4. If you need help at any time to clear up your lice/nit situation, call the Health & Safety Manager at 419-784-2150 if in Defiance or 1-800-686-2964 if long distance, Extension 1118.

There are three steps in the process of treating head lice. If you skip one of the steps, your family will be reinfected the same day.

1. SHAMPOO THE HAIR

You must call either your doctor or your pharmacist for a lice-killing shampoo. The shampoo can be bought in the pharmacy department. Regular shampoo will NOT work. Follow the package directions exactly. Shampoo the hair of every household member (consult your physician for a child under two years of age or if anyone in the household is pregnant or is under treatment for any other medical condition). Do read the directions and cautions on the shampoo bottle. There are a variety of "natural" shampoos available at most drug stores.

2. COMB THE HAIR TO REMOVE THE NITS

This is just as important as Step #1! Use a fine tooth comb (such as a baby's comb). You must comb through the hair of every family member as described below:

- a) Separate freshly washed hair into sections. Comb a small section of hair slowly and repeatedly from scalp to end of hair until every nit has been removed.
- b) Pin the clean section out of the way. Take another section and comb it in the same manner. Continue combing section by section until all nits are removed.
- c) Wipe the nits from the comb frequently. Use a tissue to do this.
- d) If the comb is not removing all of the nits, you will need to use your finger tips/fingernails to remove them entirely.
- e) Recheck the hair one last time for any nits you might have missed.

3. CLEAN PERSONAL ARTICLES AND HOME FURNISHINGS

A head louse can live only 24 hours when not attached to the human head. Therefore, any items that have come in contact with infected hair within the last two days should be cleaned.

- a) Washable items: bed linens, towels, and clothing (including hats and coats) should be washed in HOT soapy water. If possible, dry on the HOT cycle of the clothes dryer.
- b) Nonwashable items: either dry clean them or place these items in a large plastic garbage bag and seal it tightly. Items can be removed from the bag in 10-12 days. (This gives the nits and lice time to die.)
- c) Combs and brushes can be placed in a pan of boiling water (take it off the heat) for ten minutes or placed in a solution of ¼ cup liquid Clorox bleach to 1 gallon of water for one hour.
- d) Mattresses, upholstered furniture and carpeting must be vacuumed.

Steps 1, 2, and 3 must be repeated in 7-10 days.

Olive oil soaking is another form of treatment that has been found to work when everything else doesn't. The procedure for this is as follows:

- Olive oil smothers and kills active head lice. Apply to the hair and wrap with saran wrap or a shower cap. Keep on overnight or 8 hours. Comb through the hair with the oil still on (the oil makes it easier for the nits-eggs to slide off). Then shampoo with a regular shampoo like White Rain or Suave. It is important for you to do this on the following days after the first treatment.
- The olive oil treatment has been carefully timed to coincide with the life cycle of the louse. If you choose not to use a pediculicide use the olive oil treatment on Day 1 and Day 2 in addition to all the other days designated above.
- You may do treatment more often if you like, but do not miss any of these days, or chances are, you will have to start over. Attached is a calendar to aid you in the treatment process.

I know this is a lot of work, but it is necessary. Call me if you have any problems following this treatment at 419-784-2150 in Defiance area or 1-800-686-2964 outside of Defiance, Extension 1118.

Sheana Behringer, LPN
Health & Safety Manager
NOCAC Child Development

Month 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		Olive Oil				Olive Oil
7	8	9	10	11	12	13
		Olive Oil				Olive Oil
14	15	16	17	18	19	20
		Olive Oil		Wash Bedding 		Olive Oil
21	22	23	24	25	26	27
Sweep Floors 		Olive Oil	Wash Bedding 	Sweep Floors 		Olive Oil
28	29	30	31			
Wash Bedding 		Olive Oil	Sweep Floors 	Sweep means vacuum and do all floors, stairs, chairs, couches, mattresses and car interiors also.		

Month 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sweep means vacuum and do all floors, stairs, chairs, couches, mattresses and car interiors also.						
4 Wash Bedding 	5 Olive Oil	6 Sweep Floors 	7	8 Wash Bedding 	9 Olive Oil	10
11 Sweep Floors 	12 Olive Oil	13 Wash Bedding 	14 Sweep Floors 	15	16 Olive Oil	17 Sweep Floors 
18	19 Olive Oil	20 Sweep Floors	21 Wash Bedding 	22	23 Olive Oil	24
25 Wash Bedding 	26 Olive Oil	27 Sweep Floors 	28	29	30 Olive Oil	