

**NORTHWESTERN OHIO COMMUNITY ACTION COMMISSION  
HEAD START / PUBLIC PRESCHOOL  
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 may 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 re-infected 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 fingertips/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) Non-washable 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 pediculacide, 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

Rev 3/19 BNP

# Month 1

\*Sweep means vacuum and do all floors, stairs, chairs, couches, mattresses and car interiors also.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Olive Oil	2	3	4	5 Olive Oil
6	7	8 Olive Oil	9	10	11	12 Olive Oil
13	14	15 Olive Oil	16	17 Wash Bedding 	18	19 Olive Oil
20 Sweep Floors 	21	22 Olive Oil	23 Wash Bedding 	24 Sweep Floors 	25	26 Olive Oil
27 Wash Bedding 	28	29 Olive Oil	30 Sweep Floors 	31		

# Month 2

\*Sweep means vacuum and do all floors, stairs, chairs, couches, mattresses and car interiors also.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Wash Bedding 	4 Olive Oil	5 Sweep Floors 
6 Wash Bedding 	7 Olive Oil	8 Sweep Floors 	9	10 Wash Bedding 	11 Olive Oil	12
13 Sweep Floors 	14 Olive Oil	15 Wash Bedding 	16 Sweep Floors 	17	18 Olive Oil	19 Sweep Floors 
20	21 Olive Oil	22 Sweep Floors 	23 Wash Bedding 	24	25 Olive Oil	26
27 Wash Bedding 	28 Olive Oil	29 Sweep Floors 	30	31		