

Los Altos School District
HEAD LICE INFORMATION

A child **MUST GO HOME FROM SCHOOL** if they are found to have **ACTIVE, ADULT HEAD LICE**. Parents will be contacted immediately to pick their child up for proper treatment. Staff shall maintain the privacy of students identified as having head lice.

CHECK YOUR CHILD

WHEN to look:	<ul style="list-style-type: none">• Regularly & if recently exposed to head lice• Whenever the head itches
WHO should be checked?	<ul style="list-style-type: none">• Each person living in the household.
WHERE to look:	<ul style="list-style-type: none">• Where it itches.• At the nape of the neck, Around and above the ears, At the crown of the head.• Then through the entire head from top to bottom.
WHAT to look for:	<ul style="list-style-type: none">• Live lice & Nits (lice eggs).
What do lice LOOK LIKE?	<ul style="list-style-type: none">• About the size of a sesame seed.• Clear tan to dark red-brown in color and move quickly, especially from light
What do lice eggs (nits) LOOK LIKE?	<ul style="list-style-type: none">• About the size of a grain of sand, Opal or translucent in color.• Don't confuse with dandruff and hair products, which may be easily moved by blowing or whisking• Nits are firmly attached to the hair shaft.
Do lice move?	<ul style="list-style-type: none">• Lice crawl very fast from light.• Nits do not move. They are firmly attached to the hair shaft.
How can they be found?	<ul style="list-style-type: none">• LOOK – using bright light or sunlight (next to a window)• USE – gloves and disposable sticks (pencil, toothpick, etc.) to part hair.

TREATMENT

TREAT THE PERSON

1. Do not use a combination shampoo/conditioner, or a conditioner before using lice medicine.
2. Apply the lice medicine, also called pediculicide, *according to the instructions in the box or printed on label*. If the infested child/person has very long hair (longer than shoulder length), it may be necessary to use a second bottle.
3. Use a grooming comb to remove any tangles.
4. Work with good light. Using the nit removal comb, such as the LiceMeister comb or a cat flea comb.
5. Go through the hair one small section at a time from the scalp to the end of the hair. Clean the comb after EVERY pass so nits are not placed back into the hair. Twist and clip each section after inspection.
6. Look for head lice and nits attached to hair – REMOVE ALL NITS & LICE.
7. Do not re-wash the hair for 1-2 days after the lice medicine is removed.

TREAT THE ENVIRONMENT

1. Wash all bed linens and clothing & backpacks that has been recently worn by anyone in your home who is infested. Use very hot water (130° Fahrenheit, 54.4° Celsius), then put them in the hot cycle of the dryer for at least 20 minutes. Any linens, stuffed animals and plush toys, helmets that cannot be washed should be placed in airtight bags for 2 weeks.
2. Soak hair-care items like combs, barrettes, hair ties or bands, headbands, and brushes in hot water for 5-10 minutes or just throw them away.
3. Vacuum the furniture, the car, and carpets in your home.
4. Do not use fumigant sprays; they can be toxic if inhaled or absorbed through the skin.

FOLLOW THROUGH

1. Screen the infested person daily for 2 weeks and then 2 times each week for 2 weeks.
2. Check all family members 2 times each week for two weeks, whether they show signs or not.

RECOMMENDATIONS

1. Do not share personal grooming items or clothing.
2. Be vigilant about checking your child's head frequently for head lice.
3. Those with long hair should wear it up or back in a braid or otherwise kept close to the head.
4. If you do find evidence of head lice, tell the parents of your child's friends. The more quickly it is identified and treated, the more quickly the cycle will be broken.

WEB SITES

California Department of Health Services: <http://www.dhs.ca.gov/ps/dcdc/disb/disbindex.htm>

Centers for Disease Control and Prevention: <http://www.cdc.gov/ncidod/dpd/parasites/lice>

National Pediculosis Association, Inc: <http://www.headlice.org>

SCC Department of Environmental Health, Vector Control District: www.sccvector.org