

## Head Lice Procedure

### Northeast SD Head Start Program, Inc.

The "Recommendations for Temporary Exclusion from a Child Care Setting" (2015 Red Book, American Academy of Pediatrics) states: Head Lice: Refer for treatment at the end of the day and readmit on completion of first treatment.

Head Start staff will contact the family to provide information on the steps to get rid of head lice and to provide the family with the head lice shampoo to treat any family or household member that needs treatment. The family will need to pick up the child at the end of the day, for the purpose of receiving the information and treatment product. If transportation is an issue, staff will assist the family.

The parent will bring the child to school the next day to be checked to ensure treatment has begun (a second treatment is recommended in 7-10 days). Staff will review with the family: the follow-up treatment and cleaning tasks to do at home (see back page). If it is evident that treatment was not done, the child will go home with the parent.

Weekly head checks are not recommended. If a head check is needed, it will be done in a private manner. Bagging of personal items is not necessary at Head Start.

Treatment will be completed on the child by the parent only.

The non-toxic treatment (*Lice Freee! Gel*) can be used for live lice or for nits. See website for more information: [www.licefreee.com](http://www.licefreee.com)

If a family member is having difficulty killing the lice after treatment, the family should be encouraged to seek help from their healthcare provider.

**Follow-up Plan for Tomorrow: Date** \_\_\_\_\_

**Parent/Guardian:** \_\_\_\_\_

**Head Start Staff:** \_\_\_\_\_

# How to Get Rid of Lice at Home

When treating a head lice infestation, you need to treat the infested person and clean your household to effectively get rid of lice at home. This may seem overwhelming but by following the steps outlined below it can be a very manageable task.

The most important part of getting rid of lice at home is to treat the infested person with a head lice treatment, also known as a pediculicide. The use of a pediculicide along with careful combing and clean-up will result in successful lice removal. Be sure to follow all directions as instructed by the head lice remedy and follow up with a second application within 7-10 days to be sure all lice have been killed.

After using most head lice treatments, you must comb the hair to remove the dead lice and nits as part of the process of getting rid of lice at home. Use a fine-toothed nit comb to remove the lice and nits by carefully and slowly starting at the nape of the neck and moving forward. Sectioning the hair off and moving inch by inch is a successful practice of combing. Using an additional conditioner or detangler may also be helpful in the combing process as many head lice treatments can cause the hair to be dry and brittle.

## Getting rid of lice throughout your home

Cleaning up after a head lice infestation can seem like a big job, but it is necessary to get rid of lice at home:

- Wash all bedding and clothing that the infested person has been in contact with in hot water (at least 130° F). After washing, run all items through the dryer at the hottest setting for at least 30 minutes.
- Consider dry-cleaning items that cannot be washed and dried at home.
- Place items, such as stuffed animals and pillows, which cannot be cleaned in a tightly sealed plastic bag for 10-14 days.
- Soak all hair care items (such as combs, brushes, and hair clips) in hot water (at least 130° F) for at least 15 minutes to kill any lice or eggs.
- Vacuum your home thoroughly including the mattress and furniture the infested person has been in contact with.

Using bug bombs or garden insecticides in closed areas of the home is not recommended.

Source: [www.licefree.com](http://www.licefree.com)

Helpful Information from Head Start:

### HOW TO CHECK FOR HEAD LICE

1. Use high intensity light, bright light or full sun.
2. Use a comb for each child. Part the hair all the way down to the scalp in very small sections.
3. Examine the entire scalp for moving lice and nits.
4. Look closely around the top of the neck and ears.
5. If lice are found, wash hands.
6. Combs used will be disinfected by placing in hot water (130° F.) Allow to soak for 15 minutes.