Head Lice Treatment & Prevention

Suggestions from Personal Experience
Written by a Volunteer mom
Signs of Head Lice! Itchy Scalp!

If your child is scratching their head a lot, it’s time to examine their scalp for head lice. This slide show will help you know what to do. (Don’t worry! You’ve got this!!)
Head Lice Detection: What do they look like?
Detection: the Process of Elimination

- Look for active lice when hair is wet. Lice slow down to a slow crawl when hair is freshly out of the shower. When the hair is dry, they move fast and hide!!!

- Capture suspicious dander in tissue & take photos using magnification if possible (or use household magnifying glass) to verify lice/ and nits. I use my iPhone 6 and a free magnifying app. It’s a very fast process of identification.

- Report active cases to the teacher if detected and go to next slide! (your confidence will be kept!)
**Lice/Nit Removal Process!**

1. Wash hair with lice treatment (lots out there). RID or Nix are two I’ve used. Put a movie on for your child to watch, as this process could take in some cases a couple of hours, depending upon length of your child’s hair.

2. Use LICE COMB provided in treatment box in sections. Repeat LICE COMBING every 8 hrs for 2 days; Then comb every 12 hrs. for 2 days; then comb every 24 hours for 8 days. The Lice Comb is the KEY to your success!!

3. Clean your lice comb after each stroke with a piece of tissue, and put tissue in the trash! Why? Because you are combing away LIVE LICE out of your child’s hair and don’t want to add it back again when you comb the next section.

4. Empty the trash IMMEDIATELY after you’re done with the treatment in the OUTSIDE trash can! These lice will crawl out. They don’t live long but they will crawl out and see what else they can find.
LICE PREVENTION IN THE HOME

- During your lice outbreak and treatment, your child’s bedding needs to be washed and dried on hot cycles nightly. I recommend moving your child to a sleeping bag so it can be easily laundered. Make sure the dryer is EXTRA HOT to kill the lice and nits. This includes their pillow cases as well. Lice are hard to see, and they can reproduce quickly.

- Use a hot iron on the mattress to kill the lice and nits.

- Spray mattress and headboards, and around bed with lice aerosol treatment (ie RID). Herbal and non-toxic sprays are available locally.

- Quarantine all toys & stuffed animals and extra decorative pillows for 21 days! I use plastic large yard leaf bags and put everything in the garage. The Lice or nits that may be on the items can no longer be contributing to my child’s lice issues. (Yes, even the American girl dolls!)

- Boil all hair accessories for 10 minutes at 140 degrees to kill lice if the hair accessories won’t melt. Watch the dead lice float to the top of the water!! It’s shocking what you could have missed.

- I freeze my daughter’s hair accessories (if they can’t be boiled) for two days to kill lice. Since I’ve practiced good hair accessory lice control, I’ve noticed that has helped keep lice away as well.

- Wash backpacks & coats in hot water and hot dryers regularly!!
• Use lice deterring shampoo
• Tea tree oil can also be used as a deterrent for lice.
• Wear hair in braids, buns, ponytails, etc!
• Use Flat iron ($19 Sallys on sale!) for heat to kill nits
• Use lice comb once a week “just in case”
• Trim hair a tiny bit, often, to make limb comb slide through easier to avoid pain to the head.
• Keep hair in good condition, as tangled hair is the hardest to get the lice comb through! Hair Masters has a deep conditioning treatment for $13 under the dryer that I take my daughter to, once a month, that has made the world of difference. (maybe mom wants one, too! :)
• Use Gel in the boys hair, as the gel acts a barrier that the lice don’t like and can’t get through!
Separate backpacks and coats during outbreaks as much as possible.

Add more hooks on classroom walls or put backpacks on individual chairs during school year if at all possible.

Discourage bodily contact or rolling on the floor games at recess or during classroom activities during outbreaks.

Discourage sharing hats, scarves, coats or clothing especially during the cold seasons.
# Helpful Websites for Lice Information

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