



PROCEDURE

SO101

Pediculosis (Head Lice)

Board Received: October 26, 2015

Review Date: November 2019

Accountability:

1. Frequency of Reports – As needed
2. Criteria for Success – Proper screening procedure in accordance with Regional Health Dept.
 - Clear communications with parents/guardians and employees.

The Grand Erie District School Board recognizes that most outbreaks of pediculosis (head lice) occur in school children, particularly those of elementary school age. Pediculosis is not a health or education issue, but is a community concern and a social nuisance which needs to be managed in the best interest of students through the partnership of parent(s)/guardian(s), students and the school community. The treatment and eradication of head lice is ultimately the parent(s)/guardian(s)' responsibility.

Students with head lice or nits will be excluded from school for the purpose of receiving a head lice treatment.

Procedures:

This procedure will provide a consistent school response which is necessary to control this social nuisance. Each school is required to have an action plan in place to respond to cases of head lice; with the following requirements:

1. An annual, regular procedure for informing parents about pediculosis; utilizing the information provided by the Brant County Health Unit or the Haldimand-Norfolk Health Unit.
2. A process for checking for head lice and informing parents about the exclusion, treatment, and re-entry requirements. Students will be excluded from school if lice or nits are present.
3. A clear re-admission procedure, requiring that the student is "nit free".
4. Provision for school work to be provided where a student's re-admission is delayed.
5. Recognition of the sensitive/personal nature of checking for head lice/nits with children. The dignity and well-being of students shall be given the highest priority. Every attempt will be made to respect the student's privacy and self-esteem. All who assist in this process must maintain confidentiality.
6. The principal has the final decision regarding the presence of lice/nits.

Resources on Pediculosis, provided by the local health units, are contained in this procedure. Additional information can be obtained through local health units. Brant County Health Unit www.bchu.org or the Haldimand Norfolk Health Unit <https://hnhu.org>

Appendix A



Pediculosis (Head Lice)

(School Letterhead)

CONFIRMATION OF TREATMENT FORM

(Date)

Your child, _____, has been found to have head lice and/or nits in his/her hair. Consequently he/she will be excluded from attendance at school until treatment is completed and all head lice and/or nits have been removed.

Once treatment has been completed and you have removed all the nits and egg cases, your child may return to school. Please complete this form and return it with your child, and continue to carry out your daily checks.

Thank you for your support in this matter. I hope that by working together we can eliminate head lice and nits from our school.

- | | | |
|---|-----|----|
| 1. I have read the information provided. | YES | NO |
| 2. A prescribed pediculosis treatment has been used.
Name of product: _____ | YES | NO |
| 3. Nit (egg) removal has been done. | YES | NO |
| 4. A daily nit check will be done for 10 days. | YES | NO |
| 5. A repeat of the treatment after 7 days has been done or is planned. | YES | NO |
| 6. Environmental treatment has been done.
(You should wash bed linens, recently worn clothing, toys, combs and brushes of the person with head lice) | YES | NO |

If you need assistance with the treatment instructions, please call the Brant County Health Unit or the Haldimand-Norfolk Health Unit and ask the Intake Nurse for information.

Signature of Parent/Guardian

Date



Pediculosis (Head Lice)

(School Letterhead)

(Date)

Dear Parents/Guardians:

It has been reported that children in this school have nits (head lice). Please do not be alarmed by this notice. It is by no means a statement regarding the cleanliness of any child, their family or their household.

Please examine the head of your child(ren) for nits every night for the next three to four weeks. If nits are found, all other family members should be checked. Follow the directions below to get rid of head lice.

What to Look For:

Nits are very tiny eggs, half the size of a pinhead and oval in shape. They may look like dandruff but they are firmly glued to the hair and cannot be flicked off. New eggs, which are close to the scalp, are tan coloured and are difficult to see. Nits that are farther away from the scalp appear white. Nits are most often found above and behind the ears, at the nape of the neck at the crown of the head.

How to Get Rid of Head Lice:

Treating head lice requires at least two treatments one week apart. Get a head lice shampoo, cream rinse or lotion from your drugstore. Read the directions carefully and follow them exactly.

Remove all of the nits. Head lice products kill many of the nits, but not all of them. **Apply a second treatment in one week.** Continue to check the head and remove any remaining nits.

To Remove Nits:

Work in a brightly lit area – bright sunlight is best. After treatment, comb and part the hair in small sections. Use your thumbnail against your first finger to strip the nits from the hair starting from the roots right down to the tips. Place the nits in a bag and throw them out. You can also comb out the nits holding a fine-tooth comb on a downward angle. Special combs are available at the drugstore.

Please notify the school if head lice or nits are found.

I hope that by working together we can avoid or eliminate this nuisance from our school.

(Signature of Principal)



Pediculosis (Head Lice)

How to Check for Head Lice

- Examine the head under natural bright light. Head lice may be hard to detect because they move quickly and are very small.
- It is helpful to examine the head from different angles or light. This is easily achieved by moving around the child/adult while examining. Newly laid eggs are almost transparent.
- Part the hair and closely examine the scalp, especially the nape of the neck, behind the ears, and the crown of the head.
- To find the eggs, look for small white or yellowish-brown specks that are about the size of a poppy seed. You may see lice quickly moving away from the sunlight.
- To tell the difference between eggs and dandruff, try to dislodge them from the hair shaft. If they are not easily removed, they are probably eggs.



Advice on Head Lice for Parents

Parent Checklist ☒

Treating family members:

- 1 ☐ Check all family members often (weekly) to identify signs of head lice as early as possible. Look for adult head lice, and nits (eggs) attached close to the scalp.
- 2 ☐ Treat everyone in the family who has head lice and nits. Treatment is available from a pharmacy, talk to a pharmacist before purchasing.
- 3 ☐ Remove head lice and nits from hair using your finger tips or head lice comb every day until there are no more nits present (natural light works best).
 - a. Separate hair into sections
 - b. Check each section of the head closely before moving on (remember to pay attention to the ears, forehead, and base of neck)
 - c. Dispose of head lice/nits carefully (eg. paper/plastic bag)

Tip: To make nit removal easier, try sitting your child in front of a TV program or movie.



Treating the home:

- 4 ☐ Wash all used clothes and bedding in hot water, or dry in a hot dryer.
- 5 ☐ Put items that cannot be washed in hot water in a plastic sealed bag for 2 weeks (eg. stuffed animals, pillows, backpacks, comforters, hats, etc.).
- 6 ☐ Put all combs, brushes and hair accessories in hot, soapy water (Tip: try filling a bathtub or sink with hot soapy water).
- 7 ☐ Vacuum chairs, couches and carpets that have been used within the last few days.
- 8 ☐ Vacuum all cloth surfaces and carpets in vehicles used within the last few days (including car seats or booster seats).
- 9 ☐ Report any new cases of head lice to your school, day care centres, or any after-school activities to avoid spreading it to your family and community.
- 10 ☐ Repeat treatment and checklist in 7-10 days. Any nits that were missed would have hatched, therefore, a second treatment is necessary.

→ See flip side for frequently asked questions

Frequently Asked Questions by Parents

How do I know my child may have head lice?

Common signs of head lice are:

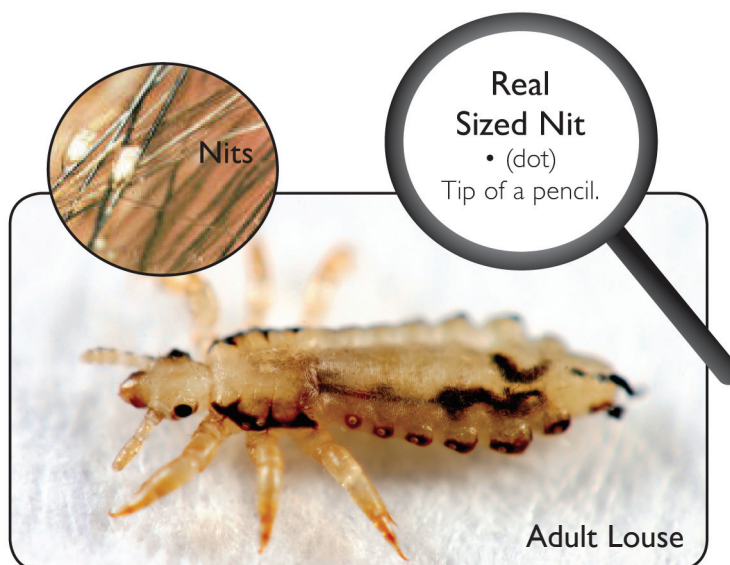
- Ticking feeling in the hair
- Frequent itching
- Sores on the scalp from scratching

What do head lice and nits look like?

- When looking for head lice, you might see an adult louse but it is more common to see nits (eggs)
- Adult louse: tiny insect the size of a sesame seed that has six legs
- Nit: a cream coloured egg the size of a tip of a pencil that is usually oval and smooth; often confused with dandruff

What's the difference between dandruff and a nit?

- Dandruff is easy to remove when touched
- Nits have to be pulled off with your fingernails



Where on the head are lice and nits commonly found?

- Around the ears, forehead, and at the base of the neck

What happens if my child has head lice?

- If your child is at school, the school will notify you and ask you to pick up your child
- You will have to treat your child before they can go back to school

Do any household pets need to be treated?

- The only way you can get head lice is from another person
- Head lice/nits do not live on animals

References:

Treating Head Lice Infestation. Centers for Disease Control, 2010. http://www.cdc.gov/ncidod/dpd/parasites/lice/factsht_head_lice_treating.htm

Canadian Paediatric Society (2008). http://www.caringforkids.cps.ca/handouts/head_lice

What are head lice and nits?

- Tiny insects the size of a sesame seed that live on the heads of humans and feed on their blood
- They cannot fly or jump, but they crawl very fast
- The adults lay eggs, which are called nits
- The nits are glued on the hair close to the scalp, and take about a week to hatch
- The only way you can get head lice is from another person

Updated June 2012.

For more information, call the Haldimand-Norfolk Health Unit and speak to a Public Health Nurse.



HealthUnit
Haldimand-Norfolk

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Web: www.hnhu.org

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P.O. Box 247, 12 Gilbertson Drive
Simcoe, ON N3Y 4L1
519.426.6170 / 905.318.6623

Caledonia
282 Argyle Street South
Caledonia, ON N3W 1K7
905.318.5367



Head Lice

What is it?

- Head lice are insects found on the heads of people
- Having head lice is very common

Signs & Symptoms

- Tickling feeling of something moving in the hair
- Itching, caused by the allergic reaction to the bites
- Irritability
- Sores on the head caused by scratching. These sores can sometimes become infected.

How do you get it?

- By direct contact with someone who has lice
- Contact is common during play at school and home (slumber parties, sports activities, at camp, on a playground).
- By wearing infested clothing, such as hats, scarves, coats, sports uniforms, or hair ribbons.
- By using infested combs, brushes, or towels.
- By lying on a bed, couch, pillow, carpet, or stuffed animal recently in contact with a person who has lice

Where are head lice most commonly found?

- On the scalp behind the ears and near the neckline at the back of the neck.
- Head lice are rarely found on the body, eyelashes, or eyebrows.

Is there a product I can use to prevent getting head lice?

- No
- Discourage children from sharing hats, scarves, combs, and helmets

Head Lice Treatment

Step 1: Treat the infested person/any infested family members:

- Get a head lice shampoo, cream rinse or both from a pharmacy.

Step 2: Remove the nits:

- Head lice shampoos and cream rinses will kill most of the nits (eggs), but one treatment usually does not kill them all.
- Bright, natural light helps you to see the nits better.
- Comb the hair, and then take a hold of a group of hair. Use your thumbnail against your finger to strip the nits from the hair, starting from the roots right down to the tips.
- Place the nits in a bag and throw it away when you are done. Pin back that grouping of hair and keep going until all nits are removed.
- Try to remove the very tiny eggs laid right next to the scalp. You may also comb out the nits by holding a fine-toothed comb at a downward angle.
- This is easier if you use conditioner after treatment. (Do not use conditioner after using NIX).
- Some plastic or metal fine-toothed combs work better than others.

Step 3: Treat the household:

- To kill lice and nits, machine-wash all washable clothing and bed linens that the infested person touched during the 2 days before treatment.
- Use the hot water cycle (130o F) to wash clothes. Dry laundry using the hot cycle for at least 20 minutes. Dry clean clothing that is not washable, (coats, hats, scarves, etc.).
- Store all clothing, stuffed animals, comforters, etc., that cannot be washed or dry cleaned in a plastic bag and seal it for 2 weeks.
- Soak combs and brushes for 1 hour in rubbing alcohol, Lysol, or wash with soap and hot (130 F) water.
- Vacuum the floor and furniture.
- It is not necessary to fumigate your house.

For children under 2, you must pick out the nits by hand, DO NOT USE over the counter products