

## 10 TIPS FOR MANUAL REMOVAL



1. Work in a well-lighted area or use a flashlight and hand lens.
2. Use a grooming comb or hairbrush to remove tangles. A hair detangler spray or other hair conditioner may aid in this process.
3. Divide the hair in sections and fasten off the hair that is not being worked on.
4. Use a lice comb to detect and remove lice and nits.
5. Go through hair sections from the scalp to the end of the hair. Nits are usually found close to the scalp.
6. Dip the comb in a cup of hot, soapy water or use tape to remove any lice, nits, or debris from the comb.
7. Sift through the same section of hair and look for attached nits and live lice.
8. Move on to the next section until the entire scalp and all the hair has been checked.
9. Screen the infested child/adult every day for ten days and regularly thereafter.
10. If additional nits (at least 3-5 per day) are discovered, another manual search is recommended.

## Ludlow Elementary School

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## LICE GUIDELINES AND INFORMATION

The Ludlow Elementary School District's Head Lice policy, in accordance with the Vermont Department of Health Recommendations and the American Academy of Pediatrics, states that a student discovered with head lice or nits will complete the school day. The school will notify the parents that their child has lice and be given information on treatment. Students will be allowed to return to school after they have been treated. Please note:

- Head lice is not a health hazard or a sign of cleanliness (*American Academy of Pediatrics, 2002*)
- The presence of lice eggs (nits), does not indicate active infestation (*Scott Gilmer, Johannessen, 2004*)
- Nits are not contagious and many children with nits never develop lice (*Pollack, 2000*)

### Managing Head Lice

Parents will be notified if their child has been identified as having lice or untreated nits by the school nurse. The student will be discouraged from close contact with others until the end of the school day.

The school nurse will send home information to parents on how to treat for head lice.

The school nurse will check heads of other students in the class.

All carpeted areas will be vacuumed daily during outbreak.

"Dress-up" activities will temporarily be discontinued.

Encourage parents to contact health care provider if over the counter treatment failed.

As recommended by the American Academy of Pediatrics and the Vermont Department of Health students will be readmitted to school after proper treatment despite the possible presence of nits.

### Internet Resources

Vermont Department of Health

<http://www.healthvermont.gov>

American Academy of Pediatrics

<http://pediatrics.aappublications.org/cgi/reprint/pediatrics;110/3/638.pdf>

Center for Disease Control

<http://www.cdc.gov/ncidod/dpd/parasites/lice/default.htm>

### General Information



Parental education and involvement is the most effective tool against head lice. Listed below are some basic facts about head lice:

- Signs of head lice: frequent head scratching, complaints of itchy scalp/head; redness behind ears or on back of neck.
- Head lice are primarily transmitted by direct head-to-head contact and sharing of personal grooming items. Lice *cannot* jump, hop, or fly, but they can crawl rapidly.
- Discourage children from sharing combs, brushes, hair accessories, scarves, hats, or headphones to diminish the spread of lice. If headphones are used as part of a class, wipe them with a damp cloth before allowing another student to use them. Store each student's hat/coat separately. Articles can be isolated in bags if space is a problem.
- If you are concerned about head lice on carpets or furniture, vacuum them or wipe smooth surfaces with a damp cloth.
- Lice cannot live longer than 24-48 hours off their host. They cannot reproduce on or in carpets, pets, furniture, trash cans, etc.
- Do not panic! Head lice are not an emergency and, in most cases, do not pose a health risk—they are simply an inconvenience that should be dealt with compassionately and calmly.
- The best treatment for head lice is manual removal. There are 10 Tips for Manual Removal on the back of this brochure. You can completely control head lice infestation with manual removal alone, but you *cannot* completely control head lice with head lice shampoos alone. You must combine shampoo treatment with manual removal.