Lice Prevention, Control, and Treatment Protocol

Based on recommendations from the American Academy of Pediatrics (AAP) 2010 and the 2013 update to the Texas Administrative Code (TAC Title 25, part 1, Chapter 97, Subchapter A, Rule 97.7), Copperas Cove ISD has written its Lice Prevention, Control, and Treatment Protocol to reflect the most current guidelines in the control of lice.

Students should not be excluded from school due to head lice. The Centers for Disease Control and Prevention, the American Academy of Pediatrics (AAP), and the Texas Department of Health support that there is little evidence that exclusion from school reduces the transmission of head lice (Texas Department of State Health Human Services, 2007).

Head lice are common for children ages 3-12. Head lice are not a health hazard and are not responsible for the spread of any disease. They are the cause of much embarrassment, misunderstanding, and many unnecessary days lost from work and school. “No-nit” policies which keep kids with lice home as long as they have any evidence of an infestation don’t benefit these kids or their classmates and “should be abandoned” (American Academy of Pediatrics, 2010).

The goal of lice prevention, control, and treatment in schools is to prevent the spread of lice from one student to another student. Lice control takes teamwork among home, school, after-school programs, and events in private or public locations, including student visits in each other's homes.

Questions regarding Copperas Cove ISD’s Lice Prevention, Control, and Treatment Protocol should be directed to the campus nurse or the Health Services Coordinator 254-547-3440.
Initial Identification of Infestation

Cases of lice should be confirmed by the school nurse or trained CCISD staff member.

Live Lice

- All students identified with live lice will be sent home at the end of the school day after contacting parent/guardian by phone. They should not be excluded from school. The campus nurse will have discretion to send a student home if he/she thinks it is appropriate based on the circumstances.

- Parents/Guardians will be advised to treat their child for head lice. The name of the treatment product must be provided by the parent/guardian on the treatment letter. (See Resource Section) Educational materials about treatment and prevention should be given and explained to parent/guardian.

- After treatment has been completed, the student can return to school.

- Based on the AAP, 2010 recommendations, alert letters will only be sent home in the event of a high percentage of students infested in a classroom. There is no need to send home alert letters for “2 or more students” infested as this may cause unnecessary public alarm.

- Written or Electronic notification of head lice to parents of a child with lice will be sent out within 48 hours.

- Parents of students in affected class rooms will receive written or electronic notification within five school days without identifying the child with lice.

Nits

- Students identified with nits only will have their parent/guardian contacted to see if treatment has taken place within the last seven days. The name of the treatment product must be provided by the parent/guardian on the treatment letter. (See Resource Section)

- If treatment has occurred within the last week, the student may stay in school. Educational material about nit removal and prevention of lice should be provided to parent/guardian.
• If treatment **has not** occurred in the last seven days, the student should be sent home at the end of the day for treatment and removal of lice (AAP, 2010). Educational materials about treatment and prevention of lice should be provided and explained to parent/guardian. Once treatment has been completed, the student can return to school.
Requirements for Readmission to School

- Student must bring proof of treatment or a statement verifying treatment signed by parent/guardian.

- If the student has been treated and provides proof of treatment the student may be readmitted to school.

- If live lice are found at re-check, the RN should be contacted to assess the adequacy of treatment and counsel the family before sending the student home.

- The student may remain in school unless otherwise recommended by the campus nurse, after consultation with the School Health Services Coordinator.

Treatment Failures and Frequent Re-infestations

- If live lice are found following treatment, the School Health Services Coordinator should be notified. She will investigate and make further recommendations to the family.

Classroom Control Measures:

- The campus nurse will provide teachers with the "Checklist for Classroom Lice Control." Contact the School Health Services Coordinator for any questions regarding classroom lice control.

- Teachers are expected to follow the guidelines to prevent the spread of lice.

- At all times, schools are encouraged to discontinue fabric-covered items, i.e., pillows, blankets used by more than one child. Teachers may request storage bags to separate all coats/sweaters. Teachers, Assistants, and Monitors should not allow piling of coats.
Responsibilities

Student Health Services

- Screening students sent to nurse clinic displaying symptoms
  - Screening will be done on an individual basis for students reporting or demonstrating symptoms (i.e. lice visible in hair, scratching scalp). Current evidence does not support the efficacy and cost effectiveness of classroom or school wide screening for decreasing the incidence of head lice among school children (Centers for Disease Control, 2007) (American Academy of Pediatrics, 2010)
- The school nurse has educational materials about lice available in the health room for students, staff and parents.
- The school nurses will provide health teaching to students, staff, and parents regarding prevention, detection and treatment of lice as needed.

CCISD Staff

- All staff members should be familiar with the signs and symptoms of lice infestation. Detection of lice or nits, or suspicion of lice or nits, should be promptly reported to the school nurse or other designated, trained staff member.

Teaching Staff

- Survey the classroom environment regularly for students displaying signs of lice or items in the classroom that could be contributing to the spread of lice.
- Implement the “Checklist for Classroom Lice Control” and make appropriate changes. (See Appendix for Checklist).
- Send students to nurse clinic for inspection by the school nurse if lice visible in hair or scratching scalp.
Parent/Guardian

- Parents/Guardians need to make lice screening a part of their family routine. Parents should check their children’s head at least weekly.

- Parents/Guardians should follow the recommendations and/or treatment guidelines from Student Health Services.

Community Education and Cooperation

- The lice prevention, control, and treatment protocol will be shared with CCISD staff and staff of after-school programs for implementation in these programs, thus allowing for consistency when children are in school environments.

- The lice prevention, control, and treatment protocol and educational information may be shared as requested with Coppers Cove’s private or parochial schools and with major after-school organizations, i.e., athletic or recreational facilities.
General Information

What are Lice?

Infestation by head lice, also known as pediculosis capitis is a common problem that crosses all geographic and socioeconomic boundaries in this country.

Lice depend on their hosts for food (blood) and warmth. Lice are found specifically on the scalp because this area is warm and dark. Lice cannot live long separated from this source of food and warmth.

The adult head louse is a wingless insect about 2.1 to 3.3 mm, about the size of a sesame seed. The living insects can be difficult to see because they run quickly from the light. Females lay 6-10 eggs per day that are incrusted in pearly white egg-cases called nits. Live nits are usually found 1/4th inch or less from the scalp where they are fixed firmly to the hair shaft with a glue like substance that makes them difficult to remove. This characteristic helps distinguishing nits from other hair debris like dirt and dandruff.

After 5-10 days the nits hatch to produce juvenile lice called nymphs. The nymphs mature fully, able to lay eggs in about two weeks. The entire cycle takes about 21 days.

Treatment Options

Currently there are four different compounds commercially available in the U.S. for treatment of lice infestation. All pediculicides (chemical formulation that kill lice) work by interfering with the nervous system of the louse.

The first two are available over the counter without a prescription: Pyrethrin (RID, A200 etc.) and permethrin (NIX creme rinse). However, a prescription is required if the cost is to be covered by Medicaid. The others, Lindane (Kwell) and Malathion (Ovide) is available only by prescription. They require a prescription because they have a higher rate of neurological toxicity. All of these pediculicides should be used externally and directions should be followed very carefully. For resistant cases of pediculosis, prescription Elimite 5% topically to scalp or Bactrim by mouth has been used. Frequent treatment application is discouraged unless medical assessment has been made as to why re-infestation is occurring.
Olive oil and mayonnaise have also been used effectively as an adjunct treatment to treat lice. The method of action is thought to be suffocation of the lice. Therefore, to be effective the oil or mayonnaise must remain on scalp for more than four hours at a time and repeated every 4 days for 3 weeks.
INSTRUCTIONS FOR TREATMENT AND CONTROL OF HEAD LICE AND NITS

• **Use a pediculicide** lice shampoo such as Rid (non-prescription), or R&C (non-prescription). You might want to ask your doctor or pharmacist for recommendations. Follow directions on the bottle **exactly**. Nix, a non-prescription lotion is also effective and does not require a second treatment. **Do NOT use flea shampoo or gasoline. These are very dangerous and not proven to be effective.**

• Repeat pediculicide (lice) shampoo treatment of the hair in 7 to 10 days (depending upon the pediculicide used) to assure that if any nits have hatched, the new lice will be killed before they can lay more eggs.

• **Comb out the nits:** Using a good metal nit comb, comb the hair section by section.

• **Clean environment:** To address this problem household cleaning should be done on the same day as the child’s treatment.
  
  o Soak combs and brushes for one hour in a pediculicide lice shampoo or five to ten minutes in hot water (130°).
  
  o Change into freshly washed clothes after treatment.

• Change and wash all sheets, pillowcases, and blankets in hot water and machine dry on hot setting.

• Wash all previously worn clothes, coats and hats.

• Vacuum rugs, carpets and upholstered furniture, including the upholstery in the car.

• Pillows, stuffed animals or non-washable items must be either dry cleaned, washed, sealed in a plastic bag for 7 days or placed in a dryer for 20 minutes of hot air.
INSTRUCTIONS FOR MAYONNAISE TREATMENT

- **Olive oil or mayonnaise treatment**: Olive oil or mayonnaise may be helpful as an additional treatment following the use of a lice shampoo because it smothers and kills active head lice.

- Cover the entire scalp and hair with olive oil or real mayonnaise (do not use low fat or mayonnaise substitute). Then cover the head with plastic wrap or shower cap. Leave the olive oil or mayonnaise on at least 4 hours or overnight.

- Repeat treatment every 4 days for three weeks. This is to coincide with the life cycle of the louse.

- If you choose not to use a pediculicide lice shampoo, use the olive oil or mayonnaise treatment for 2 days in a row at first and then repeat every four days for three weeks. Leave the olive oil or mayonnaise in the hair for the nit removal.
Helpful Hints for Nit Removal

Removing nits is the most important step in preventing the recurrence of head lice. For the initial treatment, use a pediculicide shampoo or treatment to kill the live lice and then:

- Comb the hair with a regular comb if the hair is thick and/or long to remove the tangles.
- Comb the hair into one-inch sections and remove the nits in each section by using a metal nit or flea comb.
- A metal nit comb can be reused if washed and boiled.
- Remove remaining nits by hand if necessary.
- Remember the key to successful lice treatment is complete removal of ALL nits.
- To aid in the removal of nits you may want to apply olive oil and let it set 4 hours, making the nits easier to remove. Other over the counter products that you may buy for nit removal are Clear, Step 1, and mayonnaise.

Helpful Hints for Cleaning the Environment

- Soak combs and brushes for one hour in a pediculicide lice shampoo or five to ten minutes in hot water (130°).
- Change into freshly washed clothes after treatment.
- Change and wash all sheets, pillowcases, and blankets in hot water and machine dry on hot setting.
- Wash all previously worn clothes, coats and hats.
- Vacuum rugs, carpets and upholstered furniture, including the upholstery in the car.
- Pillows, stuffed animals or non-washable items must be either dry cleaned, washed, sealed in a plastic bag for 7 days or placed in a dryer for 20 minutes of hot air.
Sugerencias útiles para quitar las liendres

• Quitar las liendres es el paso más importante para prevenir la recurrencia de piojos en la cabeza. Para el tratamiento inicial, use un shampú pediculicida o tratamiento para matar las liendres y después:

• Peine el cabello con un peine regular si el cabello es grueso o largo, para desenredarlo.

• Peine el cabello en secciones de una pulgada y quite las liendres en cada sección usando un peine de metal para liendres o pulgas.

• Puede volver a usar un peine de metal si lo lava y hiere.

• Si es necesario, quite con los dedos las liendres que queden.

• Recuerde que para el tratamiento para liendres tendrá éxito si quita completamente TODAS las liendres.

• Para ayudar a quitar las liendres puede usar aceite de oliva y dejarlo reposar en el cabello por 4 horas, lo que hará más fácil quitarlas. Otros productos que puede comprar para quitar liendres sin receta médica son Clear, Step 1, mayonesa y una solución de vinagre y agua (una ración de vinagre por una de agua).

Sugerencias útiles para limpiar su entorno

• Remojar cepillos y peines por una hora en un shampú pediculicida para piojos, o de cinco a diez minutos en agua caliente (130°).

• Después del tratamiento, ponerse ropa limpia.

• Cambiar y lavar todas las sábanas, fundas y colchas en agua caliente y secarlas en la secadora a temperatura caliente.

• Lavar toda la ropa, abrigos y sombreros que hayan sido usados.

• Aspirar alfombras, tapetes, incluyendo la tapicería del auto.

• Almohadas, animals de peluche o artículos que no se pueden lavar deben lavarse en seco, lavarse con agua y jabón, ponerse en una bolsa de plástico herméticamente cerrada por 7 días o colocarlos en la secadora de ropa por 20 minutos en aire caliente.
References in Procedure Document:

Texas Department of State Health Services-Lice

Center for Disease Control
Division of Parasitic Diseases (DPD)
National Center for Zoonotic, Vector-Borne, and Enteric Diseases (ZVED)
Information for Schools, Information for Parents
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Policy Statement
Nit Free Policies in the Management of Pediculosis. Adopted: November 1999
Revised: July 2004

American Academy of Pediatrics

Clinical Report-Head Lice PEDIATRICS July 26, 2010

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TEXAS DEPARTMENT OF STATE HEALTH SERVICES RECOMMENDATIONS ON “NO-NIT” POLICIES IN SCHOOLS, September 2007

Texas Administrative Code, Title 25, Part 1, Chapter 97, Subchapter A, Rule 97.7, Update 2013