

Guidelines for Control of Head Lice in the LaPorte Community School Corporation

Head lice are a common nuisance in school children, usually affecting 3-12-year-old children, with girls affected more often than boys. The National Association of School Nurses, The Center for Disease Control, and The American Association of Pediatrics recommend against “no nit” policies or excluding children as soon as head lice are diagnosed.

LaPorte Community Schools will contact parents/guardians (or emergency contact) of any student identified who has live lice. The child will be sent home with instructions for parents/guardians to treat the child and return the child to school. The child will be checked by a school nurse/health aid and allowed back to school if no live lice are found. Checking the entire classroom or school is not recommended and will not be done in the event of an infested child.

Parents will be given educational materials when a child is identified as having head lice. The school nurse will be available to answer questions the parent may have.

If a student has live lice on 3 or more occasions during a school year, the nurse and principal will decide if a home visit is necessary. If the child misses an abundance of school days that are due to head lice (per nurse or parent) the nurse and principal will decide if a report to Child Protective Services is warranted.

LPCSC –Health Services Department

WHAT ARE HEAD LICE?

Lice are wingless, grayish insects, about 2 mm in length. They live close to the scalp and depend on human blood to live. Adult lice live about 20 to 30 days and lay 4 to 5 eggs every day. Head lice and nits (lice eggs) may be found in the hair, eyebrows, or eyelashes. Head lice only live on people. They are not found on animals, trees, grass, etc.

WHAT ARE THE SYMPTOMS OF HEAD LICE?

The main symptom of head lice is itching. Lice and nits can be seen in the hair. The lice secrete a glue like substance that attaches the nit to the hair shaft and may not be easily removed.

HOW ARE LICE SPREAD?

Lice are spread by direct contact with an infected person's head or personal belongings, such as combs, brushes, jackets, or hats. Head lice do not jump or fly off a head.

HOW ARE LICE TREATED?

- Medicated shampoo or cream rinse to treat lice can be purchased at any drug store.
- Follow direction on the box. Retreat if the product indicates in 7 to 10 days.
- After the 1st treatment remove all the nits (eggs) from the scalp. To remove nits, use your thumb and finger and pull the nit down the hair shaft and out of the hair. A special comb can also be purchased at a store to help remove nits.
- Check all family members for lice and nits every 2-3 days for the next several weeks.

TREAT THE HOUSEHOLD!

- Wash and dry clothing and bed linens on the hot setting of the washer and dryer.
- Don't forget to wash the book bag.
- Dry clean clothing that is not washable.
- Store all clothing, stuffed animals, comforters, etc. that cannot be washed or dry-cleaned in a sealed plastic bag for 2 weeks.
- Soak combs, brushes and hair accessories in rubbing alcohol, Lysol, or wash with soap and hot water.
- Vacuum the floor and furniture in the house and vacuum out the car.

WHAT NOT TO DO

- Do NOT use gasoline, kerosene, or any flammable substance on your child.
- Do NOT treat the house with a pesticide because it may be poisonous if inhaled
- Do NOT treat children under 2 years of age with lice shampoo. Use a comb, or thumb and finger to pull out the lice and nits.
- Do NOT treat with lice shampoo more than one time in 7 days.
- Do NOT treat family members "just in case." Only treat if lice and or nits are seen.

Piojos

Head Lice

Head lice are tiny bugs about the size of a sesame seed. They live in the hair and bite the scalp to suck blood. They do not fly or jump, but they can move very fast. This makes it hard to find them in the hair.

Nits are the eggs of the lice. They look like yellowish, white, or brown dandruff. Head lice attach their eggs to shafts of hair with a waterproof "glue". The eggs are laid close to the scalp. Look for eggs at the back of the neck and behind the ears. These eggs cannot be washed out or brushed out of the hair. They must be picked out one at a time.

Causes

Lice can spread quickly from one person to another if the persons:

- Share hats, scarves, combs, brushes, hair clips or barrettes, hair bands, helmets or clothing
- Lie on the same bed, couch, or carpet
- Play close together
- Use items stored in closets or lockers that have the lice or eggs on them

Los piojos son bichos pequeños del tamaño de una semilla de sésamo. Viven en el cabello y muerden el cuero cabelludo para succionar sangre. No vuelan ni saltan, pero se pueden mover muy rápido. Esto hace que sea difícil encontrarlos en el cabello.

Las liendres son los huevos de los piojos. Lucen como caspa blanca, amarillenta o café. Los piojos adhieren sus huevos a los tallos del cabello con un "pegamento" a prueba de agua. Los huevos se depositan cerca del cuero cabelludo. Búsquelos en la parte posterior del cuello y detrás de las orejas. Estos huevos no se pueden eliminar con agua ni cepillando el cabello, se deben sacar uno por uno.

Causas

Los piojos se pueden propagar rápidamente de una persona a otra si las personas:

- comparten sombreros, bufandas, peines, cepillos, horquillas o pasadores para el cabello, cascos o ropa;
- se acuestan en la misma cama, sofá o alfombra;
- juegan cerca entre sí;
- usan artículos guardados en los armarios o casilleros que tienen piojos o huevos.

Signs

- Itching or tickling feeling that something is moving around or tickling the head.
- Red marks or sores on the scalp sometimes with drainage and crusting. These are often found behind the ears or on the back of the neck. If the skin is scratched open, the sores can get infected and must be treated by your doctor.
- Scratching the head. Sometimes it takes weeks for a child to start scratching.

Treatment

Your child's doctor can suggest a medicated lice shampoo, cream or lotion. You can buy lice products at your local pharmacy without a prescription. Some of the products will have a special nit comb in the package or you can buy one separately. This special comb can help find and remove eggs. It is very important to remove all of the lice eggs and to treat all of your family members.

Special Warnings about Lice Products

- If you or your child is allergic to ragweed or chrysanthemums, check with your doctor or pharmacist before using any brand of medicated rinse or shampoo. The active ingredient in some brands such as Rid, Pronto, and A-200 could cause a serious allergic reaction.
- If you are pregnant or breastfeeding, **check with your doctor before using lice products.**

Síntomas

- Picazón o sensación de cosquilla porque algo se mueve en la cabeza.
- Marcas rojas o llagas en el cuero cabelludo, algunas veces con secreción y costras. A menudo se encuentran detrás de las orejas o en la parte posterior del cuello. Si la piel tiene llagas producto de rascarse, se pueden infectar y debe tratarlas un médico.
- Rascarse la cabeza. Algunas veces pasan semanas antes de que un niño comience a rascarse.

Tratamiento

El médico de su hijo puede sugerir un champú, una crema o una loción con medicamentos contra los piojos. Puede comprar productos contra los piojos en su farmacia local sin una receta médica. Algunos de los productos incluirán en el paquete un peine especial para retirar liendres o puede comprar uno por separado. Este peine especial puede ayudar a encontrar y eliminar los huevos. Es muy importante eliminar todos los huevos de los piojos y tratar a todos los integrantes de la familia.

Advertencias especiales sobre los productos contra los piojos

- Si usted o su hijo son alérgicos a la ambrosía o a los crisantemos, consulte a su médico o farmacéutico antes de usar cualquier marca de enjuague o champú con medicamentos. El ingrediente activo en algunas marcas como Rid, Pronto y A-200 puede provocar una reacción alérgica grave.
- Si está embarazada o amamanta, **consulte con su médico antes de utilizar productos contra los piojos.**

- House pets do not carry human lice and should not be treated.

- Las mascotas del hogar no son portadoras de piojos humanos y no se deben tratar.

How to Use Permethrin

Brand names: Acticin, Elimite, Nix Crème Rinse, and others

For adults and children 2 months old and older:

1. Wash the hair with regular shampoo. Do not use a conditioner. It can keep the lice medicine from working. Rinse with warm water and towel dry. Do not use this towel again until it has been laundered in hot soapy water then dried. Use the hot cycle of your dryer for at least 20 minutes. .
2. Shake the bottle of product well.
3. Protect the eyes with a towel and close eyes tightly.
4. Wet the hair and scalp completely. Be sure to wet the back of the neck and behind the ears. If the product gets in the eyes, rinse right away with cool water.
5. Leave the product on the hair for 10 minutes, but no longer.
6. Rinse the hair and skin around the scalp well with water. Rub with a fresh dry towel. Do not use a hair dryer – some lice products use chemicals that could cause the hair to set on fire.
7. Comb the hair with a fine comb to find the eggs. It may help to divide the hair in sections. All eggs must be removed! It might take 2 or 3 hours or more, and you may have to pick out the eggs by hand if the comb does not work.

Cómo usar permetrina

Nombres de marca: Acticin, Elimite, Nix Crème Rinse y otros

Para adultos y niños desde los 2 meses de edad:

1. Lave el cabello con champú regular. No use acondicionador. Puede evitar que el medicamento contra los piojos funcione. Enjuague con agua tibia y seque con una toalla. No vuelva a usar esta toalla hasta que la haya lavado con agua caliente y jabón y luego la haya secado. Use el ciclo caliente de la secadora durante al menos 20 minutos.
2. Agite bien la botella con el producto.
3. Proteja los ojos con una toalla y ciérrelos bien.
4. Moje el cabello y el cuero cabelludo por completo. Moje la parte posterior del cuello y detrás de las orejas. Si el producto entra a los ojos, enjuáguelos con agua helada.
5. Deje el producto en el cabello durante 10 minutos, pero no más de ese tiempo.
6. Enjuague el cabello y la piel alrededor del cuero cabelludo con agua. Frote con una toalla limpia y seca. No use secador de pelo, algunos productos para piojos usan químicos que podrían prender fuego al cabello.
7. Peine el cabello con un peine fino para encontrar los huevos. Puede ser útil dividir el cabello en secciones. Se deben eliminar todos los huevos. Puede tomar 2 o 3 horas o más, y es posible que tenga que eliminar con las manos los huevos si con el peine no funciona.

8. Put the eggs in a plastic bag, tie it closed and throw it away. Wash your hands well and scrub under your fingernails.
9. Dress your child in clean clothing.

How to Use Piperonyl Butoxide

Brand names: Rid and others

For adults and children 2 years of age and older:

- Apply the product to dry hair.
- Follow the instructions for how to use permethrin, starting with Step 2.
- When you rinse the hair with Step 6, use a shampoo and no conditioner, then towel dry.

After Treatment

- Do not wash the hair for 1 to 2 days after treatment.
- Repeat the treatment 9 to 10 days later to kill any lice before they can produce new eggs.
- Recheck for eggs or lice every 2 to 3 days for 2 to 3 weeks after treatment to be sure they are gone.
- Check the hair and scalp of all family members every day. If you find eggs or lice, treat their hair and clothing the same way.
- If you have used the same treatment 2 or 3 times, and it has not worked, check with your doctor, nurse, or pharmacist.

8. Ponga los huevos en una bolsa plástica, hágale un nudo para cerrarla y bótela. Lávese bien las manos y restriegue debajo de las uñas.

9. Vista a su hijo con ropa limpia.

Cómo usar butóxido de piperonilo

Nombres de marca: Rid y otros

Para adultos y niños desde los 2 años de edad:

- Aplique el producto sobre el cabello seco.
- Siga las instrucciones sobre cómo usar permetrina, a partir del paso 2.
- Cuando enjuague el cabello según el paso 6, use un champú y no use acondicionador, luego seque el cabello con una toalla.

Después del tratamiento

- No lave el cabello durante 1 a 2 días después del tratamiento.
- Repita el tratamiento 9 a 10 días después para eliminar los piojos antes de que produzcan huevos nuevos.
- Vuelva a verificar si hay huevos cada 2 a 3 días durante 2 a 3 semanas después del tratamiento para asegurarse de que han desaparecido.
- Revise el cabello y el cuero cabelludo de todos los integrantes de la familia todos los días. Si encuentra huevos o piojos, trate su cabello y ropa de la misma manera.
- Si ha usado el mismo tratamiento 2 o 3 veces y no ha sido eficaz, consulte con su médico, enfermera o farmacéutico.

To Clear Lice from the Home

- Pest control sprays can be harmful to children and should not be used in the home.
- Head lice can live away from the human body for only 1 to 2 days. Wash all washable clothing (including hats, scarves, and coats) and all bed linens, towels, and washcloths that have had contact with anyone with lice in the 2 days before treatment.
 - Machine wash in hot, soapy water and dry.
 - Use the hot cycle of a dryer for at least 20 minutes.
- Soak combs, brushes, hair barrettes, hair bands and sports helmets in very hot water (130°F) for 10 minutes.
- Pillows, stuffed animals, clothing, and other things that cannot be washed may be dry cleaned or put in air tight plastic bags for 3 days.
- Vacuum all carpets and furniture. Put the vacuum cleaner's dust bag in a plastic bag, tie tightly, and throw away.

School and Other Parents

- Tell your child's school that your child has lice. The other children will be checked and treated if needed.
- Check with your child's school. In some school systems, the child's hair must be free of all eggs before the child may go back to school.
- Tell the parents of your child's friends, so they can check their children.

Para eliminar piojos del hogar

- Los aerosoles para el control de plagas pueden ser dañinos para los niños y no se deben usar dentro del hogar.
- Los piojos pueden vivir lejos del cuerpo humano solo 1 a 2 días. Lave toda la ropa lavable (como sombreros, bufandas y abrigos) y toda la ropa de cama, toallas y toallas pequeñas que hayan tenido contacto con alguien con piojos en los 2 días previos al tratamiento.
 - Lave a máquina con agua caliente y detergente, y deje secar.
 - Use el ciclo caliente de una secadora por al menos 20 minutos.
- Sumerja los peines, cepillos, pasadores, lazos para el cabello y cascos para deportes en agua muy caliente (130 °F [54 °C]) durante 10 minutos.
- Las almohadas, los animales de peluche, la ropa y otros objetos que no se pueden lavar se pueden limpiar en seco o poner en bolsas plásticas herméticas durante 3 días.
- Aspire las alfombras y los muebles. Ponga la bolsa para el polvo de la aspiradora en una bolsa plástica, amárrela bien y bótela.

Escuela y otros padres

- Informe a la escuela de su hijo que su hijo tiene piojos. Se revisará a los otros niños y se tratarán, si es necesario.
- Consulte en la escuela de su hijo. En algunos sistemas escolares, el cabello del niño no debe tener ningún huevo antes de que el niño pueda volver a la escuela.
- Informe a los padres de los amigos de su hijo para que puedan revisarlos.

Prevention

- Teach your child to “Never share what touches the hair”. Children should not let anyone else use their comb, brush, hats, scarves, pillows, hair accessories, or helmets. They should not borrow them from others either.
- Shampoo the hair 2 or 3 times a week.

Talk to your child’s doctor or your local health department if you have any questions or concerns.

Prevención

- Enséñele a su hijo a “nunca compartir lo que tiene contacto con el cabello”. Los niños no deberían dejar que nadie más use su peine, cepillo, sombrero, bufanda, almohadas, accesorios para el cabello o cascos. Tampoco deben pedirlos prestados de otros.
- Lávese el pelo con champú 2 o 3 veces a la semana.

Hable con el médico de su hijo o con el Departamento de Salud local si tiene alguna pregunta o duda.