

HEAD LICE-Notice to Parents

Date of Exposure _____

Your child may have been exposed to head lice. Please examine your child's hair and scalp for evidence of live lice, lice eggs, or nits (egg casings left behind after lice have hatched). If lice or eggs are present, they will be found close to the scalp. If you find head lice please notify your child's school, daycare or others with whom your child may have had direct head to head contact. . Children with head lice should be treated as soon as possible to minimize the spread to other individuals.

School policy excludes students from school with live lice.

CAUSATIVE AGENT: Lice are wingless crawling insects. Color varies from translucent to black. Their eggs/nits are laid on the hair shaft anywhere on the head. They are not carriers of any disease. There is no relationship between personal hygiene or cleanliness of the home and lice.

SIGNS AND SYMPTOMS: Redness and/or itching of the head, live lice, lice eggs, or nits found close to the scalp.

INCUBATION PERIOD: Lice hatch in 8-10 days. Without human blood, a louse will die within 24 hours.

METHOD OF TRANSMISSION: The most important action to control head lice is to discourage head-to-head contact with an infested individual until the live lice are removed. If one person in the household has head lice, everyone in that household should be checked for lice. Those with live lice, lice eggs or nits within 1cm of the scalp should be treated.

TREATMENT: Either a Permethrin 1% lotion (Nix) treatment. **OR** Benzyl Alcohol 5% (Ulesfia) can also be used to treat head lice. The American Academy of Pediatrics (AAP) recommends over-the-counter permethrin 1% lotion (Nix) as a treatment for head lice. Permethrin treatment may be repeated in 7-10 days. Benzyl Alcohol 5% (Ulesfia) can also be used and is available by prescription. This treatment kills the lice but does not kill its eggs therefore; it must be repeated in 7 days. Neither Permethrin nor Benzyl Alcohol is 100% effective in removing and killing eggs. Manual removal of eggs within 1cm of the scalp will greatly increase success of killing lice. Nit combs are very helpful in this process.

*Please note: There are herbal lice treatments, but they do not meet the FDA standards for safety and efficacy.

For effective treatment guidelines, please see "Control and Treatment of Head Lice" available at your child's school or online at:

<http://jade.marinschools.org/Health-Wellness/Documents/HeadLiceBrochure2012a.pdf>

or

Reference: <http://pediatrics.aappublications.org/cgi/reprint/126/2/392>

or

Louseology 101 - <http://jade.marinschools.org/Health-wellness/manual/Documents/HeadLicePresentationpp.pdf>

