

**KENAI PENINSULA BOROUGH SCHOOL DISTRICT
HEALTH SERVICES**

DIRECTIONS FOR HEAD LICE REMOVAL

NOTE: *The following treatment schedule is recommended at this time. Several optional/ alternative treatments are being tested. Feel free to use your school nurse as a resource for information regarding these.*

1. Items Needed

- **Lice Shampoo** (Over-The-Counter head lice shampoos include but are not limited to Rid, Triple X, A-200 Pyrinate; Organic products may include LiceFree, and Fairy Tales, among others.)
- **Fine-toothed metal comb** (Sometimes combs come with shampoo, but may also be found in pet stores. Combs found in the grocery store aisle are not fine enough.)

2. Shampoo your child's head **exactly** as stated on the shampoo container. Some shampoo must be placed onto dry hair to be effective.

DO NOT USE TRADITIONAL HEAD LICE SHAMPOO MORE OFTEN OR LONGER THAN SPECIFIED. THESE SHAMPOOS CONTAIN INGREDIENTS THAT HAVE BEEN KNOWN TO PRODUCE NEGATIVE SIDE EFFECTS. DO NOT USE WITH INFANTS.

3. After using a regular comb to remove tangles, divide and fasten the wet hair into sections and work each section individually and thoroughly using the fine toothed comb. Be sure to start at the head and comb all the way to the end of each section of hair. Remove any lice, nits or debris from the comb after each pass. This lice/nit removal is the most important step in the whole treatment process. Take your time and be thorough. (Music, an audible story book, a video or other entertainment may help your child sit still.)
4. Machine wash all washable clothing and bedding from the past two days using the **HOT** setting (130 degrees F.). Be sure to include coats and hats. Machine dry on the hot cycle for at least 20 minutes.
5. Clothing, stuffed toys and other items not able to be washed as above should be ironed, dry cleaned or stored in a sealed plastic bag for 2 weeks.
6. Combs, brushes and hair accessories should be soaked in rubbing alcohol, Lysol* or hot water (130 degrees F.) for 1 hour and then washed with warm soapy water.
7. Carpets, upholstered furniture, car seats, etc. should be thoroughly vacuumed. Pediculicidal sprays are **NOT** recommended for use.
8. A re-entry exam by the school nurse is required before returning to the classroom. Please bring your child into the school nurse's office after you have completed the treatment protocol.
9. In order to help your child return to class as quickly as possible please call if you have any questions.

RN School Nurse