

Kenai Peninsula Borough School District
Fireweed Academy
P.O. Box 474
Homer, AK 99603
(907) 235-9728 (phone) (907) 235-8561 (fax)
<http://www.kpbsd.k12.ak.us/fireweed/>

PREVENTION OF HEAD LICE

The winter months are known as "lice months". In order to prevent the spread of lice in our classrooms the Kenai Peninsula Borough School District has a "no nit" policy. All lice and their eggs (nits) must be removed before a student is allowed to return to their classroom.

Lice are spread by direct contact with an infected person or contact with items used by an infected person (i.e. hats, coats, combs, hair accessories, pillows, couches). While lice run incredibly fast they do not jump, fly or breed on household pets.

Lice do not pay attention to social status or degree of cleanliness. **Everyone** is a potential candidate for lice.

For Prevention of Lice:

1. Advise your child not to share combs, barrettes, coats, hats and gloves.
2. Early detection is important. Examine your child's scalp every week during lice season to check for nits and lice. (One early sign is scratching the head more than normal.)
3. If you do find lice please don't keep it a secret! Let your school nurse know so she/he can check other students in the classroom.

LOUSE

NIT

To distinguish between hairspray droplets, skin casings, nits, and other similar looking items -- all except nits can be easily moved with pressure from the fingers. Nits cannot. Nits are strongly glued onto the hair shaft and must be specifically combed or picked off.

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DIRECTIONS FOR REMOVAL OF LICE

The following treatment schedule is recommended at this time. Several 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)
 - a fine-toothed comb (sometimes comes with shampoo, LiceMeister, some flea combs made for cats/dogs. The combs in the comb aisle are not fine enough.)
2. Shampoo your child's head **exactly** as stated on the shampoo container. Some shampoo's must be placed onto dry hair to be effective.

DO NOT USE SHAMPOO MORE OFTEN OR LONGER THAN SPECIFIED. THIS SHAMPOO CONTAINS INGREDIENTS THAT HAVE BEEN KNOWN TO PRODUCE NEGATIVE SIDE EFFECTS.

3. After using a regular comb to remove tangles, divide and fasten the 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 inbetween passings. This manual lice/nit removal is the most important step in the whole treatment process. Take your time and be thorough. (Music, 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 no longer 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.