

Recommendations for the Management of Head Lice

Dear Parents or Guardians:

One or more students at your child's grade level have been referred for treatment of head lice today. Please examine your child carefully each day for the next ten days using the directions below. **Please call us if you have treated your child or a family member, or for questions. See step 9 below. It is important to follow ALL the steps, including follow up in the community.**

EXAMINATION: Suspect Lice with intense itching and scratching of the scalp and back of the head and neck. Use a good light and magnifying glass, if available, look for the eggs of the lice, called nits. They are mostly at the nape of the neck, over the ears, and the crown of the head. Eggs are laid within ¼ to ½ inch of the scalp on the hair shaft and glued on. They are firmly attached, whereas dandruff is quite movable. Eggs are the size of a grain of sand and silver-gray in color.

TREATMENT: Treatment MUST include PERSISTENT combing of nits and include vacuuming of the house and cleaning the clothes—see below. Just treating the lice will NOT eliminate them!

STEP 1 Buy a lice preparation for the hair (see below) and a “Licemeister” comb. The combs that come with the preparations are not good enough at removing the nits and lice.

STEP 2 Apply one of the following:

- a lice shampoo (note: many lice are resistant to these chemical agents)**OR**
- a smothering agent to kill live lice **EVEN IF YOU DON'T SEE THEM BUT THERE ARE NITS**
 - Olive oil, mayonnaise or Vaseline (this one is hard to get out) **OR**
 - Cetaphil gentle skin cleanser **OR**
 - Listerine mouth wash

If using a **lice shampoo** follow the directions on the package.

If using **olive oil, mayonnaise or Vaseline:**

- **Saturate** dry hair with the oil, wrap in plastic and leave on at least 3 hours, shampoo
- Dry hair with **HOT** hair dryer from scalp to ends, section by section
- Go to step 3 and **repeat step 2 and 3 for THREE days**

If using **Cetaphil** (proven effective) please see directions on last page

If using **Listerine:** (the alcohol and essential oils may be effective)

- Spray it on the hair thoroughly saturating the hair to the scalp. Leave it on overnight. **BE CAREFUL NOT TO GET IT IN THE EYES.**
- Go to step 3. It is not known whether this treatment should be repeated.

STEP 3 You have now killed the live lice and there remain the eggs, nits, which will soon hatch. To get rid of the nits: Using the licemeister comb, comb the hair from scalp to ends. Have a basin of **HOT** water to rise the comb as the nits come out. *Repeat combing for 14 days. You may need to clip some of the nits out of the hair.*

STEP 4 Soak combs and brushes in 1/8 cup of bleach to 4 cups of water.

STEP 5 Wash all your child's clothing in **HOT** (130) water. Consider washing the clothes of family members whose clothing may have come into contact with lice.

STEP 6 All bedding should be washed in hot water. Stuffed toys, hats, coats, etc. that can't be washed in hot should be placed in plastic bags for 10 days. Some things that can't be washed can be placed in a hot dryer for 20 minutes.

STEP 7 *COMB YOUR CHILD'S HAIR FOR 7 DAYS, THEN REPEAT THE TREATMENT FOR THREE DAYS TO KILL ANY LICE THAT AVOIDED THE COMB OR HATCHED. THIS STEP IS VERY IMPORTANT AND CAN BE REPEATED AS OFTEN AS NEEDED.*

STEP 8 Continue to check hair every day for 4-6 weeks. If reinfestation occurs, repeat these steps. Do not use chemical shampoos more often than recommended.

STEP 9 **Notify the school nurse and teacher that you have treated your child. Have the nurse check you child on her/his first day back. Also notify parents of other children with whom your child has come in close contact such as sleepovers. And last, be sure to notify other organizations where your child spends time so they can check children too.**

CETAPHIL DIRECTIONS:

How to Treat Head Lice With Cetaphil

by eHow Health Editor

Introduction

Often parents are reluctant to apply chemical shampoo to a child's head to treat lice. Lice are becoming resistant to the chemical shampoos, and sometimes you still have lice after a chemical treatment. Smothering the lice has been a long-standing non-chemical treatment. Cetaphil is one smothering method that pediatricians may recommend to kill head lice, and it's not as difficult to remove from the hair as mayonnaise or olive oil.

Instructions

Difficulty: Moderately Easy

Applying the Cetaphil

Things You'll Need

- [Bath towel](#)
- [8 to 12 oz. Cetaphil Gentle Skin Cleanser](#)
- [8 oz. application bottle](#)

Steps

Step One

Purchase a 12 oz. bottle of Cetaphil Gentle Cleanser at a major retailer or drugstore. You also need an 8 oz. clear application bottle with a tip which can be found at a beauty supply store (or see online Resources below). Fill the application bottle with Cetaphil.

Step Two

Drape a towel around the child's shoulders to catch any extra cleanser that drips off the hair. The hair should be dry for this treatment.

Step Three

Begin at the nape of the neck on the left side and apply the cleanser directly to the scalp moving back and forth from the nape of the neck to the front hairline until you reach the right side. This should use 1/4 of the cleanser.

Step Four

Change the direction of the zigzag pattern to criss-cross the first pattern. Now the application bottle should be half empty.

Step Five

Massage the cleanser into the scalp.

Step Six

Repeat Step 3 and 4. Now the application bottle should be empty. Massage the cleanser into the scalp again.

Step Seven

Refill the bottle half full if you child has long hair. Squirt the cleanser on the hair strands and massage it in.

Completing the Treatment

Things You'll Need

- [Comb](#)
- [Bath towel](#)
- [Metal lice comb](#)

Steps

Step One

Wait just 2 minutes and then comb out the cleanser. Wipe the excess cleanser onto another towel. The goal is to remove as much cleanser as possible so it will take less time to blow dry the hair.

Step Two

Remove nits with a lice comb. Place the lice comb at the scalp and slowly comb through. Swish the comb in a bowl of water to see if anything comes out. A white bowl works best to spot the nits. Flush the water down the toilet when done.

Step Three

Blow dry the hair so that the scalp, roots and strands are completely dry. This is very important so the cleanser adheres to the lice and cannot be rubbed off on a pillow. Expect blow drying to take three times longer than it normally does. Do not apply hair products.

Step Four

Leave the dried cleanser on the hair overnight or for at least 8 hours.

Step Five

Shampoo with your normal shampoo. You can rinse hair with a 50/50 mixture of vinegar and warm water and then comb again with the lice comb before shampooing. The vinegar helps to loosen the nits.

Step Six

Check daily for live lice and nits. Remove nits immediately. Retreat with Cetaphil if you see live lice or contact your pediatrician for advice.

Step Seven

Repeat this treatment after seven days and again seven days after that to kill any newly hatched lice before they become adults and lay eggs. This is a crucial step to break the lice life cycle.

Tips & Warnings

- Sterilize the combs in rubbing alcohol for 10 minutes.
 - Wash the towels in hot water and place in the dryer on high heat for at least 10 minutes to kill any lice on the towels.
 - Don't skimp on the amount of Cetaphil used. The head should be saturated and cleanser should be dripping off the hair.
 - It is very important that the application tip is touching the scalp at all times and the Cetaphil is applied in a criss-cross pattern to achieve uniform coverage. Don't dump the Cetaphil on the hair and just try to massage it in.
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