

Head Lice Guidelines for Schools



Introduction.....

Head lice (pediculosis) continues to be an annoying, year round problem especially with school-aged children.

Anyone can get head lice, they are spread mainly by head-to-head contact. Having head lice is not a commentary on your cleanliness or the cleanliness of your home. While getting rid of these persistent pests can cause frustration and upset for families, head lice are not considered to be a health hazard.

Coordinated efforts between parents/caregivers, students, school staff, health professionals and the community are necessary to help families eliminate head lice and bring their spread under control.

The best plan of action needs to include early detection, prompt management, effective education and prevention strategies.

This resource includes:

- Roles and Responsibilities of Families, School Staff, School Nurse
- School Action Plan for responding to incidence of head lice
- Education – Awareness and Prevention
- Appendices A - Facts of Lice
 - Information on identification, treatment, control
- B - Sample September Newsletter Insert
- C - Letter to parent/caregiver of child with head lice
- D - Head Lice Alert notice for classmates of child with head lice – 2 versions (smaller version for sending home in agendas or journals)
- E - Head Lice Bulletin - sample newsletter reminder to check for head lice after holidays
- F - Sample letter explaining role of volunteer Head Lice Screening Team
- G - Wet Combing – Detect and Remove Head Lice

Guidelines for School Management of Head Lice

- The ultimate decision as to what is included in the school action plan rests with the principal. Parents, school councils can speak with the principal about their preferences and concerns, but
- A No Nit Policy is not necessary when all parents/caregivers cooperate and commit to following through until the lifecycle has been broken and all lice are removed.

Roles and Responsibilities.....

Cooperation leads to control and elimination of head lice!
Family, Schools, Public Health all have important roles to play

Parents'/Caregivers' Role.....

Take on the major responsibility for identifying and getting rid of head lice.

- Become educated about head lice – e.g. Facts of Lice – Appendix A
 - be aware of the signs and symptoms indicating of the presence of lice
 - know how to check for and identify lice and eggs
 - know how to use effective treatments to break the lice lifecycle
 - know the precautions which require the advice of doctor or pharmacist
 - know how to prevent the spread of lice and reduce the chance of getting lice
- Parents/caregivers should not rely only on the school to inform them of the presence of lice. Check children for head lice and eggs, weekly, as part of their regular hygiene routine and more often when cases of head lice are in the school. Check also after activities where there has been probable head to head contact e.g. camp.
- Notify the school when you find your child has head lice.
- Respond quickly to bring your child home if you are informed by school staff that your child has head lice. (If you have already used a treatment product in the last few days, check with a health professional as to what to do next)
- Check the heads of everyone living with your child.
- Buy a product for getting rid of head lice, at your pharmacy. Check with doctor first if person needing treatment or doing treatment - has allergies, seizures, is pregnant or breastfeeding, is under age 2, is dealing with recurring head lice.
- Treat as soon as possible. Carefully and accurately follow the product directions. A second treatment may be recommended 7-10 days after the first. Reliable new products and Wet Combing (Appendix G) are available for people who do not want to use traditional insecticides. Treat everyone living with your child who has lice, on the same day you treat your child.
- Commit to following through until everyone in the house is clear of lice and eggs.
- Notify people at any place where your child could have been in head-to-head contact with others e.g. day care, friends, so they can check for head lice.
- Clean - vacuum furniture, carpets, car seats. No sprays needed.
 - wash bedding, towels, clothes used in the last 3 days.

- Accompany your child to school for a head lice check before returning to class and inform staff about treatment used. If you have been given the letter to Parent/Caregiver (Appendix C) return the tear off portion. Arrange for your child to return home to continue appropriate treatment if lice are found.
- Do a second treatment with the head lice product 7-10 days after the first if the product directions advise this, to get rid of newly hatching lice.
- Teach your child how to minimize chances of getting head lice e.g. no sharing hats, combs, brushes
- Consider volunteering to do head checking at your child's school if this is part of the school's head lice control and prevention program.

Student's Role.....

- Cooperate with the person doing the head lice treatment and removing the eggs.
- Avoid head-to-head contact with others, especially while you have head lice.
- Comb hair frequently with a fine-tooth comb (comb with very small spaces between the teeth) to help remove lice and eggs.
- Learn about head lice - www.headlice.org
- www.kidshealth.org

School's Role.....

Principal/Designate.....

- Establish a consistent school action plan for eliminating head lice and controlling their spread including:
 - distribution of head lice facts and updates to families e.g. FACTS OF LICE (Appendix A), September newsletter (Appendix B), after holiday reminder (Appendix E)
 - a trained person who will check if a teacher suspects a child has head lice
 - a staff person who will contact the parent/caregiver when their child is found to have head lice, to arrange for the child to go home and get head lice treatment (or have appropriate treatment continued) as soon as possible. (Send home Appendix A and Appendix C as needed).
 - a Head Lice Alert (Appendix D) sent home with classmates of the student who has lice, to encourage their families to do head checks (2 versions are available – small version easy to insert in student agenda)
 - a trained person available to check students (returning after treatment) before they go back to class to make sure they are free of adult lice
 - possibly, at the principal's discretion, a trained volunteer team to check students for head lice. See Sample letter explaining role of volunteers (Appendix F)
- Review plan with staff and school community
- Arrange with the School Nurse for parent information session or staff education session as needed
- Arrange with the School Nurse for training of volunteers to check student's heads if this is part of the school action plan
- Encourage parents/caregivers having difficulty getting rid of head lice to call their School Nurse for suggestions

Coping with Recurring Head Lice Cases

- continue to give Appendix C to parent/caregiver and Appendix D to classmates
- consult with School Nurse to develop a plan to assist family e.g. a phone call or parent/caregiver meeting at school with School Nurse
- make sure the child understands how to help e.g. sit still, help do the combing, no sharing combs etc

Help from professionals is available for a fee – information available from School Nurse

- Parent Council may wish to provide pharmacy with cost of a head lice product if family is having financial difficulty

- Environmental control
 - strict enforcement of head check before returning to class
 - minimize activities involving head to head contact
 - any couches and carpets vacuumed thoroughly
 - spacing - coats on every second hook, coats covered with garment bags, coats put in backpacks
 - no placing hats and coats in a pile
 - no borrowing hats and coats from lost and found
 - temporary shut down and cleaning of dress up centre

Teacher.....

- Watch for signs and symptoms of head lice e.g. frequent scratching of head.
- Have a trained person check the student if head lice is suspected.
- Send home Head Lice Alert (Appendix D) to make families aware of the incidence of head lice in the class and need to do head checks
- Actively promote and regularly review preventative practices to avoid spread of head lice e.g. cleaning of dress-up centre hats
- Speak to class or invite School Nurse to speak about head lice and ways to prevent their spread.

Public Health/School Nurse Role.....

- Education – provision of educational materials and updates (re treatment, control and prevention of head lice) to school community, parent council, community groups e.g. in newsletter insert
- consultation with school staff, students, parents/caregivers
 - education session for school staff on request of principal
 - information sessions for parents, school councils, (on request of principal) community groups, agencies

Identification

School Nurse, while in the school, may be requested by the principal/designate to assist in identifying or confirming head lice on a student, as well as siblings and close friends attending the same school.

Parental Assistance

School Nurse may meet with parents/caregivers at the school to help resolve head lice problems.

Volunteers Training (optional)

On the request of the principal, the School Nurse can train volunteers to check students for head lice for the purpose of controlling the spread of head lice.

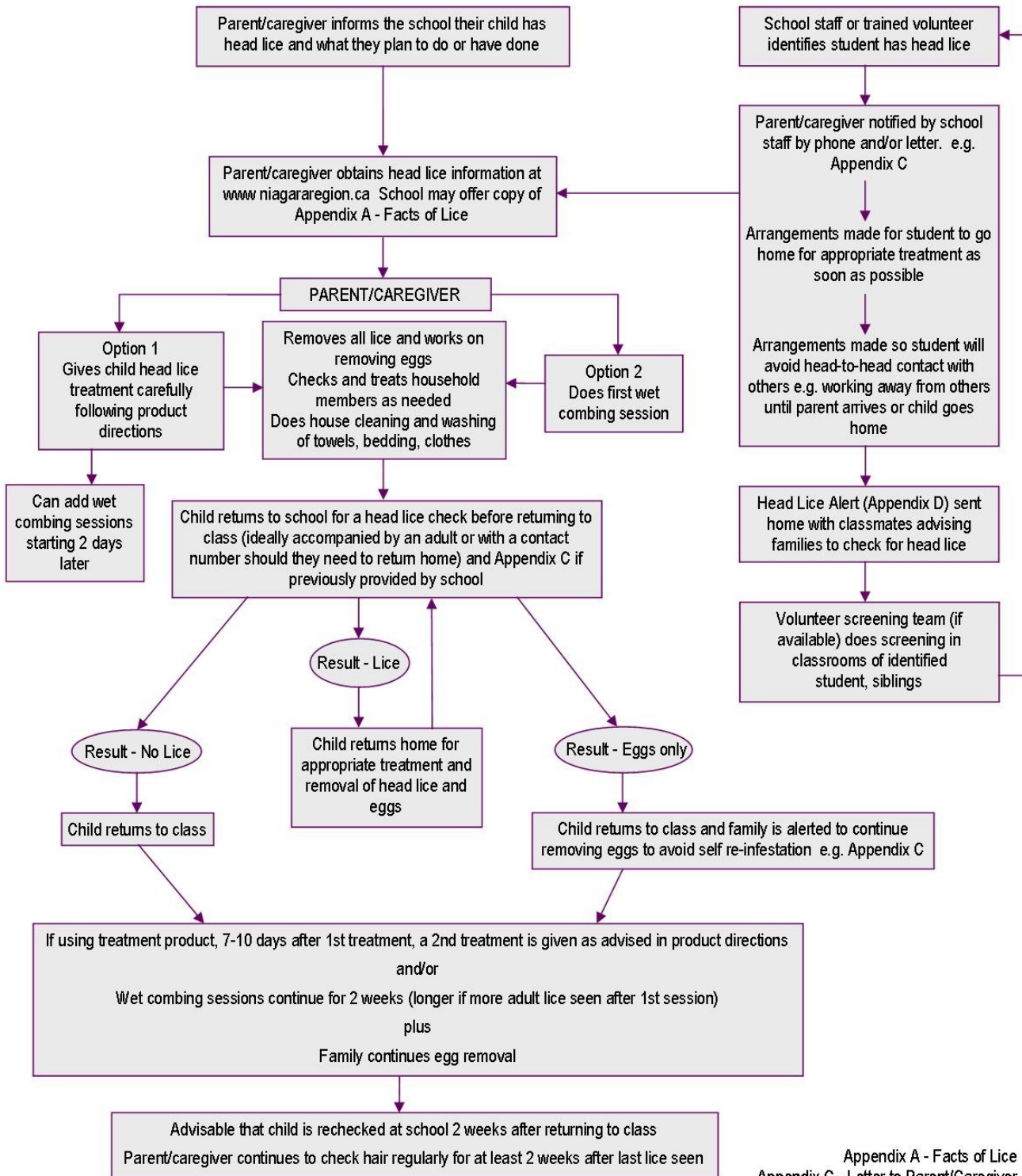
Possible role for Volunteers (at the principal's discretion) (Appendix F)

- When informed of a child with head lice, volunteers check the child's classmates and students in the classes of siblings, to identify any other children with head lice. (School staff will contact the parents of those children, not the volunteers).
- Check classes of students for head lice especially primary grades in September, January and after March break.
- Do a head lice check for a child who is returning to school after head lice treatment.

Head lice Hotline Recording – 905-688-8248 Ext 7371

SCHOOL ACTION PLAN IN RESPONSE TO HEAD LICE

Goal - To assist parents/caregivers, students, school staff to eliminate head lice and control their spread.



Appendix A - Facts of Lice
 Appendix C - Letter to Parent/Caregiver
 Appendix D - Head Lice Alert

EDUCATION - AWARENESS AND PREVENTION - KEY MESSAGES

Goal – To encourage and enable families to co-operate and take responsibility for identification, treatment and elimination of head lice

For everyone:

Head lice are around all year long

Having head lice does not mean that you or your house is not clean.

Head lice will travel to anyone. They crawl from the head of a person who has lice to another person's head when heads are touching. They don't jump or fly.

It is important that you tell the school and anyone else who could have had head-to-head contact with the person with head lice so they can check for head lice in their family.

The sooner head lice are found the fewer lice and eggs to deal with.

There is no "quick fix" for getting rid of head lice.

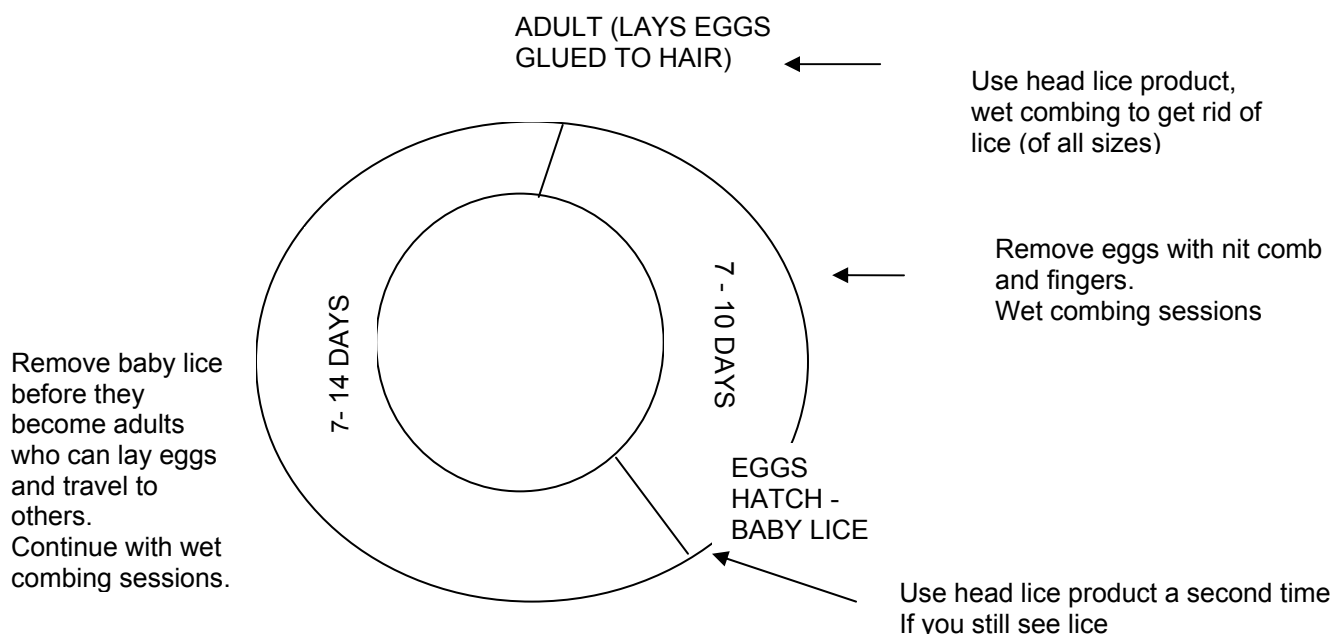
Products do not remove or kill all the eggs.

You must continue to work for as long as it takes to remove all the lice and eggs.

Try to use the time positively e.g. talking about your child's interests.

UNDERSTAND THE HEAD LICE LIFE CYCLE - YOUR GOAL -

- remove the adult lice who are laying eggs and can travel to others
- then keep working to remove the baby lice who hatch from the eggs before they grow and lay more eggs and to remove the eggs before they hatch.
- don't stop until all lice and eggs are gone!



For Parents/Caregivers

Do not rely only on the school to let you know if head lice are around.
Check your child weekly and after activities where children's heads touch.
e.g. sleepover, camp

For Teachers

Watch for signs of head lice. Early identification reduces number of eggs and lice.
Discuss head lice in a matter of fact manner. "Anyone can get head lice. Teasing will not be tolerated."
Discuss ways to reduce the spread of head lice.
"How can we be helpful to each other?"
Identify risk factors for transmission of lice in your classroom and make needed modifications.

For Children

Getting rid of head lice takes time – your cooperation with the person who is working on your hair is very important.
Take an active role – comb your hair with the nit comb several times a day when you have head lice to help get rid of lice and eggs.

Facts of Lice

What are head lice?

♣ ♣ ♣ ♣ (life size)

Head lice are tiny grey/brown insects that live only on the scalp of human beings. They crawl quickly but cannot fly or jump. They are not found on household pets. Having head lice does not mean you are unclean. They do not spread disease. The saliva from head lice when feeding can cause itching. Scratching may cause sores, which can get infected.



Adult Louse



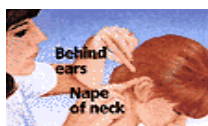
Actual
Size

Adult female lice glue eggs on the hair shaft close to the scalp. Live eggs are oval and dark in colour similar to the hair colour. They are stuck to the hair and do not fall off if you touch them. Even after the eggs hatch (7-10 days), the white shells stay on the hair shaft. Baby lice start at pencil-dot size and mature in 7-14 days molting three times.

How are Lice Spread?

Anyone can get head lice. They spread by head to head contact. When children play, their heads often touch and lice crawl from one child to another and then on to family members. Head lice may also spread by sharing brushes, combs and anything that is worn or used on the head – remind children not to share these items. Tie long hair back e.g. in a pony tail. Check children's heads weekly.

How do I check for Lice?



Use a bright light. Use a magnifying glass if you have one. Part the hair in small sections and look near the scalp. Lice crawl very fast so they are difficult to find. The Wet Combing Method can be used to find head lice as well as get rid of them (instruction sheet available on website). Look for dark eggs glued on the hair close to the scalp. These have been laid recently. They are often found in warm spots e.g. on the hair behind the ears or back of the neck. Check all the people that live in your house.

What do I do if someone in my family has head lice?

If you find lice, tell anyone in close contact such as family members, friends and classmates so they can be checked for lice.

Everyone in the house who has head lice will need to be cleared of head lice at the same time to control the spread. Treatment products are to be used only on people who have head lice. They do not prevent head lice.

How do I get rid of head lice?

There are many head lice treatment products. New products are available for people who do not want to use traditional insecticides and you can use the Wet Combing Method. Talk to a health professional about the best product for you. (See precautions - next page). Read all instructions

carefully and follow them step by step so that the product will work effectively. Wash and rinse hair in the sink, not in the bath or shower. Using a comb with **very small spaces between the teeth** is most important to getting rid of all lice.

No product kills all of the eggs. Remove all the eggs or within 7 – 10 days some will hatch and you will see baby lice which will grow and spread to others. A new infestation is more easily recognized if you remove all the eggs. **A second treatment 7 - 10 days after the first treatment is suggested to kill any newly hatched lice from eggs you have missed.** Limit use of regular shampoo and hair products until a few days after first and second treatment to allow head lice product to work most effectively. Check every week to make sure lice are gone.

Precautions - Check with your doctor or pharmacist before you use any product if

- Anyone has allergies especially to chrysanthemums, ragweed
- Anyone has a seizure disorder
- You are pregnant or breastfeeding and you need treatment or you need to treat other people (Contact Motherisk at 416-813-6780)
- Your child is under 2 years old
- The skin of the scalp is cut or infected.
- Head lice are found after first treatment, or head lice continue to reoccur

For repeated, persistent cases, some parents have reported success with methods using olive oil, mineral oil, tea tree oil, melaleuca oil, and hair gel. Since these methods have not been scientifically tested, they are not considered reliable or safe treatments for head lice.

How do I get rid of all of the eggs?



Removing eggs after the treatment can end your head lice problems. Start by using a fine-tooth comb. Then remove the smaller eggs by hand.

- Sit under a bright light or in sunlight
- Have your child watch television, a video or read to keep still. Work for 10-15 minutes at a time.
- Work with a small section of wet hair (clip the rest out of the way)
- Comb the smaller eggs off the hair strands using your thumbnail and fingernail.
- Continue section by section until you remove all the eggs.

Check the hair 2 times a week for 4 weeks to make sure all the eggs have been removed.

Do I need to wash or clean anything else?

Soak combs, brushes in hot water and head lice product for 5 - 10 minutes. Wash clothes, hats, towels and bedding used in the past three days, in hot soapy water and dry in a dryer for 20 minutes after the first and second treatment. Vacuuming is helpful, but special sprays are not needed on furniture or floors. Lice live only a short time away from the head.

Who do I call if I have questions?

- ✓ Niagara Region Public Health at 905-688-8248 or 1-888-505-6074 ext. 7379
- ✓ Telehealth Ontario 1-866-797-0000

For more information – search head lice www.niagararegion.ca

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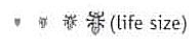
APPENDIX B

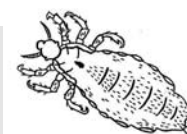
For September NEWSLETTER

Head lice continues to be an ongoing issue, especially in school-aged children. Anyone can get head lice. It has nothing to do with whether you have clean or dirty hair, or the cleanliness of your home. Over the summer, head lice have been spreading mainly by head-to-head contact especially as children have been enjoying summer activities. Head lice will continue to spread at school and during after school activities causing a frustrating year-long problem, unless we have every family's co-operation to get rid of them completely.

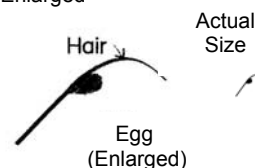
To combat this problem, we need your help. Please check your child's head once a week.

Look for:

- Lice -  (life size)
- brown or grey
 - on or close to the scalp
- Eggs - tiny, oval (darker coloured eggs are most likely to be alive)
- Nits - the white shells left after bug hatches out
- glued to hair shaft (near to the scalp) especially behind ears, back of neck and under bangs



LOUSE
(Lice)
Enlarged



Actual
Size

If you find lice:

- Call the school so a Head Lice notice can be sent home with classmates to encourage families to check for head lice.
- Check every person in your house for head lice.
- Talk with your doctor first about what to use if the person needing treatment or doing the treatment is pregnant; is breast-feeding; is under the age of 2; has asthma or seizure disorder.
- Treat everyone who has lice, on the same day.
There are many treatment products. Some new products do not contain traditional insecticides. Be sure to follow directions carefully. Do a second treatment as advised. You may choose to use the Wet Combing method – for instruction sheet call number below or go to the website listed below and search head lice.
- Remove all eggs or some may hatch and the lice problem will continue and spread.
- Vacuum your house and wash clothing and bedding used the last 3 days. Remind your children not to share combs, brushes, hats, head-bands, etc

Co-operation in finding the lice and getting rid of them completely will bring the problem under control.

For more detailed information contact Niagara Region Public Health at 1-888-505-6074 Ext 7371 or your School Nurse at 905-688-8248 or 1-888-505-6074 Ext 7379.
www.niagararegion.ca

APPENDIX C

LETTER TO PARENT/CAREGIVER OF CHILD WITH HEAD LICE

In checking _____ today

- Head lice were found
Adult head lice spread easily to others. To prevent this, please act quickly.
All lice must be removed before your child can return to school
- Head lice eggs (darker coloured, oval, glued on the hair close to the scalp) were found especially in the following areas _____
The bug who laid the eggs may still be on your child's head

Here's what you need to do:

When head lice are found, treat with a head lice product - New products are now available for people who do not want to use traditional insecticides. Talk to your doctor about what to use if the person needing or doing the treatment is pregnant; is breastfeeding; is under the age of 2; has allergies or seizure disorder.

If you have already used a head lice product in the last few days contact your doctor, pharmacist or nurse for advice.

When eggs are found you need to check again for lice and work to completely remove all eggs (dark and light coloured) as fast as possible. Head lice products do not kill all eggs. Some will hatch, and your child will continue to spread head lice to others. That is why product directions say a second treatment is needed 7-10 days after the first. Use your fine tooth comb to remove the eggs.

You can also use the Wet Combing method to get rid of head lice and eggs - for instruction sheet, go to the website and search head lice or call the number below.

For further help, including the "Facts of Lice" information sheet, call Niagara Region Public Health at 905-688-8248 or 1-888-505-6074 ext 7379.

www.niagararegion.ca

Please complete the section below and return it when your child comes back to school.

_____ was treated with _____
(child) (product)

carefully following the directions on _____ (date)

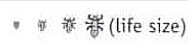


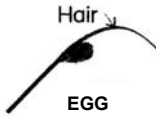

- we have removed all head lice
- we have checked and treated all family members who had head lice
- we are working to remove the eggs
- we will be doing a second treatment and/or continuing wet combing sessions
- we will continue to check for lice and eggs everyday for the next 14 days, then weekly
- we are finishing the necessary house cleaning and washing

APPENDIX D

Head Lice Alert!!

Dear Parent/Caregiver:

A student in your child's class has head lice. Please check your child and family carefully.

<p>Look for:</p> <p>Lice -  (life size)</p> <p>- brown or grey</p> <p>- on or close to the scalp</p> <p>Eggs - tiny, oval (darker coloured eggs are most likely alive)</p> <p>Nits - the white shells left after bug hatches out</p> <p>- glued to hair shaft (near to the scalp) especially behind ears, back of neck and under bangs</p>	 <p>LOUSE Enlarged</p>  <p>Actual Size</p>  <p>Hair</p> <p>EGG (Enlarged)</p>  <p>Actual Size</p>
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Everyone in your house who you find has lice must be treated on the same day. There are many head lice products available from your pharmacy. Read all instructions carefully and follow them step by step. No lice product kills all of the eggs, so a second treatment 7 to 10 days after the first treatment is needed. This will kill any newly hatched lice. Removing the eggs with a head lice or fine-tooth comb or manually helps reduce the number of lice.

New products are available that do not contain traditional insecticides. You can also use the Wet Combing method - call the number below or go to website for instruction sheet.

Follow up with washing clothes, bedding and towels used in the last 3 days. Vacuuming is helpful, but bug sprays are not needed. Lice live only a short time away from the head.

Children returning to school following head lice treatment will be checked and will be required to return home if they are not free of head lice.

Once your child is completely free of lice and eggs, it is still important to continue to check regularly for lice. Finding lice and removing them before they multiply makes getting rid of them easier and helps to control spread to others.

For more detailed information contact Niagara Region Public Health at 905-688-8248 or 1-888-505-6074 ext 7371 or ext 7379
Search head lice at : www.niagararegion.ca

Thank you for your co-operation.

Explanation:

Appendix D – Head Lice Alerts

Some teachers prefer the following smaller, 3 on a page version which is easy to insert into journals and agendas.

Dear Parent/Guardian:

Head Lice Alert

A student in your child's class has head lice. Please check your child and family carefully.

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- on or close to the scalp

Eggs -

Nits -

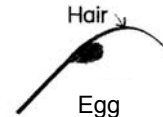
- tiny, oval, darker coloured
- white empty shells
- glued to hair shaft (near to the scalp)
- behind ears, back of head and under bangs

 (life size)



Actual
Size

LOUSE (Lice)
Enlarged



Actual
Size

Egg
Enlarged



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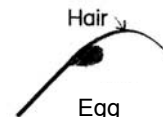
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Actual
Size

LOUSE (Lice)
Enlarged



Actual
Size

Egg
Enlarged



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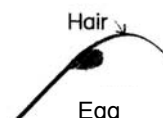
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 (life size)



Actual
Size

LOUSE (Lice)
Enlarged



Actual
Size

Egg
Enlarged



Everyone in your house who has lice and live eggs must be treated on the same day. There are many head lice products available from your pharmacy. Read all instructions carefully and follow them step by step. No lice product kills all of the eggs, so often a second treatment 7 to 10 days after the first treatment is needed. This will kill the newly hatched lice. You can use the Wet Combing Method to help get rid of lice .

Follow up with washing of clothes, bedding and towels used in the past 3 days. Vacuuming is helpful, but special sprays are not needed. Lice live only a short time away from the head.

Children returning to school following head lice treatment will be checked and will be required to return home if they are not free of head lice.

For more detailed information contact the Public Health Department at 905-688-8248 ext 7379
Search head lice at: www.niagararegion.ca

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APPENDIX E

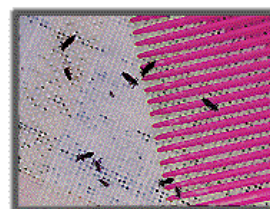
Head Lice Bulletin!

Head Lice are alive and well in Niagara and could be extending their vacation on a head near you!

Anyone can get head lice. They crawl from head to head.

Head Lice cause - itching and upset for the whole family

- loss of school for children
- loss of work time for parents
- use and misuse of insecticides



*Family Outing
(Head Lice in Relation to Comb)*

The sooner you find the lice → the easier it is to bring the problem under control and their eggs

- fewer lice and eggs
- less time and effort to remove them
- less stress and frustration

Check your children's heads regularly – at least once a week, year round.

Check by combing, with a fine-tooth comb, through clean, wet, untangled hair.

Check the whole head – especially around ears and back of neck.

If you are not sure what you are looking for or how to deal with lice if you find them, the “FACTS of LICE” and “WET COMBING” Info sheets are available by calling 905-688-8248 ext 7379. Search head lice at: www.niagararegion.ca

APPENDIX F

Sample Letter re Role of Volunteer Head Lice Checkers

Our school _____ is very fortunate to have established a Volunteer Head Lice Checking Team. Volunteers have received training from our Public Health Nurse. Classes will be checked if a case of head lice is reported in that class.

Plan of Action

1. If head lice are reported in a class, the volunteers will check the class and the class of any siblings. For Junior Kindergarten to Grade 3, volunteers will do the check in the classroom. For Grades 4 to 8 the check will take place in _____.
2. After the check, the volunteers will speak with the classroom teacher privately and inform him/her of the results.
3. If students are found with head lice, they will be called to the office and school staff will contact parents. Students will go home for treatment as soon as possible. Parents of classmates will receive a letter saying head lice have been found, so they can check their family.
4. Students returning to school after head lice treatment will come to the office with their parent to be checked before going to class. If no lice or eggs are found, the student can return to class. If, however, the problem persists, the student will be expected to return home to continue appropriate treatment.
5. Please be assured that in dealing with this sensitive issue we will be discreet. As always, strict confidentiality will be maintained.

WET COMBING

Detect & Remove Head Lice

What is WET COMBING?

A way to find and remove head lice by carefully combing through wet hair soaked with conditioner, using a fine-tooth comb.

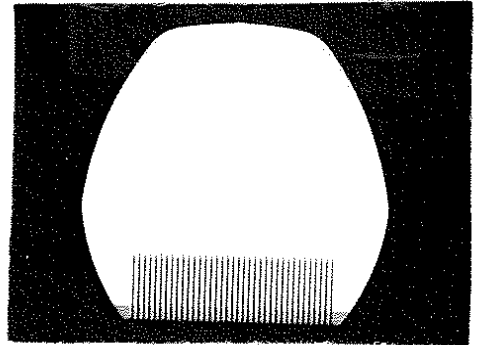
Why do WET COMBING?

- Saves money, no harmful chemicals, environmentally friendly.
- Makes finding lice easier because they remain still when wet.
- Puts an END to your head lice problems – Using wet combing in a scheduled way (see page 2), removes lice before they are mature enough to lay eggs.

The WET COMBING method:

You need - regular shampoo (*not 2 in 1*)

- regular conditioner
- a wide-tooth comb
- * Important - a plastic head lice comb or other comb, (like a pet flea comb), with very small spaces between the teeth
- a large towel
- paper towels and garbage bag



1. Wash hair with the shampoo. Rinse. Leave hair dripping wet.

2. Drape the towel around child's shoulders.

3. Using lots of conditioner, soak hair thoroughly down to the scalp. Leave conditioner in the hair.

4. Sit the child in a location with good lighting, by a sink if possible.



5. Untangle and straighten hair using the wide-tooth comb.

6. a) Switch to the head lice or fine-tooth comb.

b) Work with small sections of hair. Place the teeth of the lice comb at the roots of the hair, touching the scalp.

c) Comb through each section of hair from roots to ends, several times.

d) Pay special attention when combing around the ears and back of the neck.

e) Check the comb for lice (baby to adult size), after each stroke, and remove them by wiping the comb on paper towels or rinsing under the tap. This is what you are looking for:



f) Continue until you have combed the whole head and no more lice are found. Keep hair wet.

7. Rinse out the conditioner, and leave the hair dripping wet. Repeat steps 5 & 6 to find any lice you might have missed.



WET COMBING-How often?

- Wet combing to remove all lice and break the lifecycle can be done as often as every two days for 2 weeks, but the following pattern has proven very successful:
Repeat the steps on page 1 for a total of **4** times in **2** weeks, wet combing every **4th** day
- Use the calendar below to keep track of the wet combing days, by inserting the date in the boxes.

Found lice - Wet Combing	1	2	3	Wet Combing 4	1	2
3	Wet Combing 4	1	2	3	Wet Combing 4	

If done correctly, all the live head lice should be removed in the first session you do wet combing. Any live eggs still present on the hair will hatch in 7-10 days and baby lice do not leave the head. You will remove those baby lice in the next combing sessions, so make sure you continue wet combing for the full 2 weeks. (Many people like to work at removing as many eggs as possible so there will be fewer lice hatching).

If you see large lice any time after the first wet combing session, it is likely that head lice have travelled from someone else. They may have also had a chance to lay eggs. So, add 3 more sessions of wet combing every 4th day.

If you choose to use a head lice treatment product, it is still important to do wet combing 5 days after treatment and again 12 days after treatment to be sure all lice are gone.

Even when you think you are rid of the head lice, it is wise to continue wet combing as part of your weekly routine.

Follow-up Advice

Check everyone living in your home and treat everyone who has head lice the same day so lice are not passed back and forth. Caregivers should do the wet combing on themselves after helping the rest of the family.

Inform anyone who could have been in head to head contact with the child who had lice so they can do a head lice check.

The presence of nits (empty harmless egg shells which remain glued to the hair) can be embarrassing for a child, so manually remove them.

Your usual thorough vacuuming, and washing clothes and towels are important, but there is no need for sprays. Lice infest people not homes!

For more information call Niagara Region Public Health – School Health Elementary Program at 905-688-8248 or 1-888-505-6074 ext. 7379

Pictures courtesy of
Community Hygiene Concern
Bug Buster Kit Combs

