



PERIMETER SCHOOL
A Covenant Christian Community

Lice Treatment Checklist

- Contact the school to inform us that lice have been discovered and which child(ren) are affected in your family. A student is **not permitted** into class until the proper treatment has been completed.
- Purchase a specific lice shampoo either over-the-counter or by prescription. It is advisable to contact your pediatrician or pharmacist to see what is recommended.
- Shampoo with specific lice shampoo **following the directions on the box completely and carefully**. All nits (the small whitish oval eggs that are glued to the hair shafts) **MUST** be removed to ensure you are rid of future eggs hatching. Once your child has been treated, he/she may return to school. **It is our school's policy that the nurse must re-check your child before he/she returns to the classroom.**
- Wash sheets, towels, etc. in HOT water - at least 130 degrees - and dry on hot heat at least 20 minutes.
- Wash all combs and brushes in HOT water. (Use dishwasher or soak in the lice shampoo at least 30 minutes.) Or consider throwing your old combs and brushes away and buying new ones.
- Pillows, etc. (if not washable) - Place in dryer on HOT setting for 20-30 minutes.
- Bedspreads, blankets - wash or dry clean OR simply bag AIR TIGHT for 4 weeks. While head lice cannot survive very long without a human host (they do NOT affect pets), it takes **at least** 2 weeks to be sure all living nits have completed their life cycles and died.
- Stuffed animals - put in dryer on hot heat for 30 minutes, or better yet, bag air tight for several (4) weeks.
- Upholstery – Vacuum thoroughly any chairs, sofas, carpets, etc. where child may have laid down (including car upholstery.) Also, vacuum child's mattress. Discard the vacuum bag promptly to dispose of any nits/lice you may have picked up.
- Blow dry hair if possible for a week or so. The heat will often kill the lice and nits (eggs).
- The school does not send a letter to the parents or classes about a case of lice. Please follow the guidelines below, under **Attention**, which outline who should be notified.
- After you have treated with the shampoo and removed all nits from your child's hair, he/she needs to come by the school clinic to be checked before returning to class.
- Retreatment as per the instructions and guidelines on the lice treatment product is advisable.

Attention: As a courtesy to those you have been in contact with, it would be helpful for you to be in touch with them so that they can monitor for lice. Please include playmates, those that have visited your home or you have visited in their home, and your carpool. Call ALL your carpools (school, dance, sports, etc.) to alert them and encourage them to vacuum their own cars and examine their own children. This is a possible place where head lice could be contracted.

Remember: Do NOT share combs, brushes, hats, helmets, etc. Check all family members and it is advisable to treat them as well. Pets do not play a role in the transmission of lice. Lice do not hop or fly; they can only crawl.

Anyone can get head lice. They are not a health hazard and do not carry any disease. It has nothing to do with cleanliness, nor does it reflect on you as a parent. The problem can be eliminated, if you follow the treatment plan completely.

Please keep this “check list” on file for future reference. Call the school clinic with any questions (678-405-2303).

Mary Katherine Blain
Perimeter School Clinic

Detection of Head Lice:

The presence of head lice can be signaled by itching in response to bites which instigates continuous head scratching that can be a symptom of head lice infestation.

Visual Detection Method: Visual evidence can be seen through the presence of lice, eggs or nits (empty eggshells) in human hair. It is possible to see live lice, but it is often difficult since they move from the light source and are able to travel very quickly. It is more likely that you will find the eggs or nits which are tiny, whitish ovals that are located about 1/4 -1/2 inch from the base of the hair shaft. They are “glued in” and cannot be brushed off as is the case of dandruff.

Inspection may be done by using a comb (or craft sticks) and parting the hair section by section looking carefully for the above signs as evidence of an infestation. A thorough inspection should take 15-20 minutes.

Detection Comb Method: Another way to search for head lice and nits is to buy a specially designed detection (nit) comb from a pharmacy. This is a fine-toothed plastic comb with spacing of less than 0.3mm.

You can check for lice on dry or wet hair.

1. Use a brush or an ordinary comb to first detangle hair.
2. Once hair has been detangled, switch to the detection comb.
3. Start at the middle of the front of the scalp.
4. Comb the hair from the roots to the very end of the hair.
5. After each stroke, examine the teeth of the comb for living lice.
6. Rinse the comb if you find any lice.
7. Continue combing section by section until you've done the whole head of hair.
8. Make sure you cover every inch of the scalp, including the area just behind the ears and at the nape of the neck.
9. For wet combing, simply wash hair and apply conditioner before starting these steps. Afterwards, rinse out the conditioner and check hair again with the nit comb before drying.