

Dear FLEC Families,

As parents, many of us remember our young student days when general lice checks occurred at school and letters were sent home when a case was identified. Current national standards have changed, so we wish to update you on our current evidence-based policy at FLEC which follows national standards from the American Academy of Pediatrics (AAP), The Centers for Disease Control (CDC), and The National Association of School Nurses (NASN). This information will soon find a permanent link on our school website, should need to refer to it in the future.

Current standards of practice advise against immediate exclusion from school for head lice and general lice checks. The rationale behind these current standards support optimal school attendance, protect student confidentiality, guard against the stigma associated with lice, and dispel common myths.

- Lice is not an infectious disease. It is a nuisance disease.
- Lice does not cause illness.
- Anyone can get lice. It is not associated with lack of cleanliness.
- A current infestation is typically found after it has been in existence for 30 days or more, so excluding a student is not likely to reduce transmission.

For more information related to lice, please see:

- [Head Lice | Pediatrics | American Academy of Pediatrics \(aap.org\)](https://www.aap.org)
- [CDC - Lice - Head Lice - Schools](https://www.cdc.gov)
- [Head Lice Management in Schools - National Association of School Nurses \(nasn.org\)](https://www.nasn.org)
- [Head Lice Fact Sheet | NitWits 10 top facts about Nits and Lice \(nitwitsforkids.com\)](https://www.nitwitsforkids.com) Great information. \*FLEC is not promoting any product.

With sporadic cases popping up, please consider checking your family now and routinely.

### **LICE CHECK VIDEO TUTORIAL**

[https://youtu.be/pZvAmNxcGng?si=fn6dJnhqmrl\\_HCuR](https://youtu.be/pZvAmNxcGng?si=fn6dJnhqmrl_HCuR)

### **HEAD LICE EXCLUSION POLICY**

1. A student found to have live head lice or nits within ¼” of the scalp will be sent home with the parent/guardian at the end of the school day and treated for lice before returning to school. There are various treatment options including over-the-counter shampoos, prescription medications, or full-service treatment centers. There are also several home remedies which are NOT encouraged due to limitations in breaking the life cycle of nits to lice. Please contact the clinic if you would like more specific information.
2. Once the treatment process is completed, the parent/guardian will bring the student to school, as soon as the next school day. The student will check in with the nurse before going to their classroom. Absences greater than 3 consecutive days will not be excused.
3. If no live lice are found, the student may return to class, even if nits remain. The student will continue to be combed at home for at least 2 weeks, if indicated by treatment choice.
4. If live lice are found, the student will be sent home from school until all live lice are eliminated.
5. Student will be rechecked at school for live lice weekly for 2 weeks.
6. Broader student checks will occur as needed if several cases occur in a cluster.

## **GUIDELINES FOR TREATING HEAD LICE**

ALL TREATMENT STEPS MUST BE DONE ON THE SAME DAY FOR EFFECTIVE TREATMENT.

### **HOUSE TREATMENT**

1. Vacuum all carpets, floors, mattresses, furniture, and the car. Dispose of the vacuum cleaner bag in the outside trash when finished.
2. Wash ALL clothing and bed linens in HOT water and dry on HOT heat.
3. NON-WASHABLE items should be either: dry cleaned, placed in a HOT clothes dryer for 20 minutes (pillows, stuffed toys, etc.), placed in freezer for 48 hours, or sealed in a plastic bag for 14 days.
4. Treat ALL brushes and combs by boiling for 10 minutes OR soaking in lice shampoo for 10 minutes.

### **HAIR TREATMENT**


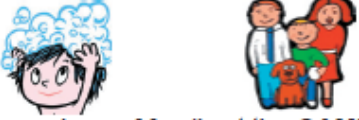





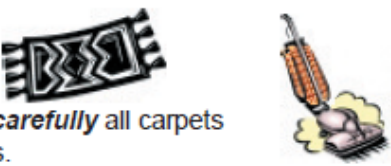






1. If using commercial lice hair products, treat all affected household members at the SAME TIME. Follow specific treatment instructions. Be advised some OTC treatments such as RID/NIX have been found to be ineffective due to increasing resistance. Sklice (Ivermectin) used to be by prescription only but is now available OTC. Ivermectin generally works well killing both nits and live lice, so no need for retreatment or exhaustive nit combing.
2. Notify people who have recently been in close contact. (i.e. sleepovers, shared items, or close head-to-head snuggling or play).
3. Contact your physician, health department, or school nurse for further directions or advice.

### **HEAD LICE PREVENTION**

1. Avoid head-to-head contact
2. Do not share clothing, such as hats, scarves, coats, hair ties/scrunchies.
3. Do not share headphones, combs, brushes, or towels.
4. Do not lie on beds, couches, pillows, carpets, or stuffed animals that have been in contact with someone who has an active case of head lice.

## HEAD LICE CHECKLIST

ALL TREATMENT STEPS **MUST** BE DONE ON THE **SAME DAY**

<p>1.  Examine <b>each family member's</b> head.</p>	<p>2.  Treat <b>ALL</b> members of family at the <b>SAME TIME</b>.</p>
<p>3.  Wash and dry <b>ALL</b> bed linens (sheets, blankets, pillow cases, bedspreads) at hot settings.</p>	<p>4.  Put pillows, stuffed animals, throw pillows, dolls, etc. in hot dryer for 20 minutes.</p>
<p>5. <b>NON-WASHABLE</b> items should be either:             1) dry cleaned            2) placed in a <b>hot</b> dryer for 20 minutes            3) placed in freezer for 48 hours <b>OR</b>            4) sealed in plastic bags for 14 days</p>	<p>6.  Wash and dry <b>ALL</b> hats, jackets, sweaters, and other clothes.</p>
<p>7.  Vacuum all <b>upholstered</b> furniture, bean bag chairs, mattresses, seats in cars, etc.</p>	<p>8.  Vacuum <b>carefully</b> all carpets and floors.</p>
<p>9.  Treat <b>ALL</b> brushes and combs, either by boiling for 10 minutes, <b>OR</b> soaking in lice shampoo for 10 minutes.</p>	<p>10.  Remove <b>ALL NITS</b> using a fine tooth nit comb or fingernails.</p>
<p>11.  Notify school office the date of treatment and name of product used.</p>	<p>12.  Notify <b>ALL</b> people recently in contact with infected person (neighbors, relatives, close friends, daycare, church, youth groups, etc)</p>
<p>13.  Repeat treatment in 7-10 days.</p>	<p>14.  Do <b>DAILY</b> head checks for two weeks on the entire family.</p>