Newark Valley Central School District

**TREATMENT OF HEAD LICE (PEDICULOSIS)**

1. Call your medical provider or pharmacist for product recommendation for **anti-lice shampoo or rinse**. You can ask your school nurse for help with the following instructions.

2. Gather supplies: regular shampoo, anti-lice shampoo or rinse, three towels, nit comb (usually provided with anti-lice shampoo), and timer/clock/watch. You will need one entire bottle of anti-lice shampoo for each person being treated for head lice.

3. Remove individual’s clothing, including hat and coat (all outerwear) and place directly in the washing machine or a sealed bag until the clothing can be washed.

4. **Do not use kerosene or pet shampoo.**

5. Read all instructions included with the treatment that you use. Follow instructions exactly.

6. **To wash hair:**

a.) Wash your child’s hair with regular shampoo in the sink.

b.) Rinse the hair with clean water.

c.) Towel-dry the hair. If the hair is too wet, it will dilute the anti-lice shampoo.

d.) Cover your child’s eyes with a towel. Ask the child to tightly close their eyes. Pour

the anti-lice shampoo into the damp hair.

e.) Shampoo the hair in the sink. Do not put anti-lice shampoo on your child during or

right after taking a bath or shower. It can be unhealthy for your child.

f.) Leave the anti-lice shampoo on your child’s head for at least 10 to 20 minutes. While

you are waiting, you can inspect your fingernails and your child’s for nits and/or

lice.

7. **To remove nits**, comb hair with a nit comb to remove dead lice or nits. Because no lice treatment kills all of the nits, it is important to remove each and every nit to prevent them from hatching and re-infesting the child or family again. **Be patient, this step could take several hours to do a good job. Combing hints:**

a.) Work with small sections of hair, one inch or smaller

b.) Move the comb teeth deep in the hair from the scalp to the hair’s end.

c.) Clean the comb often with tissue, after each stroke through the hair.

d.) Pin combed sections of hair away from the uncombed sections.

e.) After picking all the lice and nits you can see, rinse the hair with water to wash out any loose nits.

8. Use bright light or sun light. Check hair again for nits and lice. Do the best you can to remove all lice and nits by hand. Continue to check and pick nits every day for the next month. This is the best way to get rid of lice and nits.

9. Individual’s bedding should be washed and dried. The heat will help kill the lice and nits. Vacuum the mattress and around the bed, the car interior, and any furniture used by the infected individual.

10. Check all family members in your house. Ask an adult to check your head for nits and/or lice.

11. Call the parents of children who might have been exposed to your child and ask them to check their child/children for lice and nits.

12. Try to remember and check all the places your child may have shed lice or nits.

13. **Parent/Guardian must accompany child to nurse’s office upon their return to school. Child may not ride the bus or be admitted to classroom until seen and cleared by the school nurse.**