

North Fork Local Schools

Head Lice

A case of Head Lice has been reported in your child's classroom. Please check your child regularly. We would appreciate knowing of any additional cases.

When your child comes home with **head lice...**

Don't Panic! Anyone can get Head Lice, It has nothing to do with cleanliness, nor does it reflect on you as a parent. The problem is easily eliminated if the instructions below are followed.

1. **Examine your child's head** to be sure you know what the nits (Lice Eggs) look like. They are tiny grayish-white eggs attached to the hair, near the scalp, especially behind the ears and at the nape of the neck.
2. **Check all other family members** to see if they are infested. Any family member with evidence of head lice must also be treated.
3. **Use an effective head lice treatment.** Your pharmacist can recommend an effective pediculicide product. When used as directed, it will be very effective against live lice. However, the pediculicide will not kill the nits. North Fork has a "No Nit" Policy. **The Ohio State University Bulletin 893** has recommended applying Olive Oil, Vegetable Oil or "Queen Helene Cholesterol Hair Conditioning Cream" to hair, cover with a shower cap, and leave on over night. In the morning complete the Nit Picking procedure (below). Follow up by using a hair shampoo that contains Sodium Laureth Sulfate, examples are Clairol Herbal Essence, White Rain or Suave. Repeat entire oil procedure every 4 days for 3 weeks to eliminate nits all during the life cycle.
4. To remove the nits work under a bright light. Put a thick hair conditioner on the hair to detangle. Separate your child's hair into very small sections. Inspect and remove the nits by using a "Nit Comb" and your fingers. This is the most important step because if there is one nit left. There will more than likely be live lice again.
5. **Wash all clothes, coats, bed linens and towels in hot water** (130-140 degrees) and dry on hot cycle for at least 20 minutes. Items that cannot be safely washed, such as stuffed animals, should be dry cleaned or stored in a closed plastic bag for a minimum of two weeks.
6. **Clean combs and brushes in hot soapy water.** Water temperature should be at least 130 degrees F, and let combs and brushes soak in hot water for 10 minutes.
7. **Vacuum everywhere** to make sure your home is free of lice. Vacuum carpets, pillows, mattresses, upholstered furniture, your car, anything that might hold lice. Do a thorough job and discard the vacuum bag promptly. Head lice only survive on humans, and do not affect family pets.
8. **North Fork Schools have a nit free policy. An adult must bring in the student to school to be checked by a staff member to be sure that the child is nit free after being treated for head lice. Please take the child directly to the office not the child's classroom.**

*****Tips for school would include not sharing hats, coats, combs, hair ties, etc with friends. Girls should wear their hair up off the neck or braided. Use of hair spray or gels may also be helpful. Coats should be placed inside their book bags if possible or bring a plastic garbage bag to put their book bag and coat inside.