

Far Hills Country Day School Lice Information

Head lice are tiny insects that feed solely on the blood of people, and are most common on children of early elementary school age. Head lice are a major problem in the school age population. It is known to affect over 12 million children annually.

Head lice infest people, not schools buildings or buses.

Lice cannot burrow into the skin and do not play a role in transmitting any disease-causing organisms. Head lice are rarely anything more than a nuisance.

Lice commonly occur from shared direct head to head contact. Head lice are a nuisance regardless of the wealth of the community or family, the cleanliness of the home, or the month of the year.

Policy:

FHCDS adheres to recommendations of The AAP (American Academy of Pediatrics) and the NASN (National Association of School Nurses).

Detection:

Weekly/monthly parental checks of your child's head are part of good grooming.

Education:

- Head lice are small grayish, flat, wingless insects that do not fly or jump.
- Transmission occurs from contact between the hair of different heads, and from sharing hats, coats, scarfs, sport helmets, hairbrushes, etc.
- The Female louse produces eggs called "nits."
- Eggs are easy to see when using a strong light and looking on the hair shaft.
- If you are not sure whether the object is a "nit," try sliding it up the hair shaft using your fingers. They are difficult to remove,

- whereas hair muffs, dandruff etc. slide easily.
- "Nits" cannot be brushed out with a hairbrush

Treatment:

To rid a child of Head Lice requires complete compliance with treatment protocol:

- Once head lice/nits are found your physician or pharmacist may suggest a treatment.
- Combing out nits using the appropriate nit comb or picking out all the nits is the key to ending this problem. There are many products on the market for this purpose. Please consult your Physician or Pharmacist.
- All family members should be examined and treated if infested.
- Long hair should be tied up in a ponytail / pigtail during this time.
- Because no head lice treatment kills 100% of nits, a second treatment is needed one week later to remove the lice that have remained alive but inactive.
- There are outside professional companies in the area that treat lice for your student or family member.

Treatment for Household Items:

- Wash clothing, personal items, and bed linens in hot water. Following the wash, dry the items in the dryer for at least 20 minutes.
- Discard hairbrushes and combs or place them in boiling water for 10 minutes.
- Vacuum all upholstery, rugs, and mattresses. For items that cannot be washed, example stuffed animals, place them in plastic bags and keep them sealed for 14 days.

Returning to School:

A student is to come to the Health Office to be checked by the school nurse upon returning to school prior to going to the classroom.

Additional Resources:

For More Information:

- * American Academy of Pediatrics,
www.aap.org/advocacy/archives/septlice.htm

- * The Center for Health and Health Care in
Schools, www.healthinschools.org/headlice.asp

- * Centers for Disease Control and Prevention
www.cdc.gov/ncidod/dpd/parasites/lice

- * Harvard School of Public Health,
www.hsph.harvard.edu/headlice.html

- * National Association of School Nurses,
www.nasn.org/Default.aspx?tabid=237