



Enid Public Schools
Health Services
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Lice Treatment Information

Lice are small, grayish flat insects which feed on human blood. They are about the size of a sesame seed. They do not fly or jump, but move very rapidly.

Eggs or nits are whitish particles that cling to the individual hairs by a glue-like substance. The eggs feel like knots in thread. Lice tend to lay eggs on the warm areas of the head, behind the ears, at the nape of the neck and at the crown.

Persistent itching of the head, particularly at the back of the head and around the ears are usually the first signs of an infestation of head lice.

Examine the hair, the scalp, the nape of the neck and behind the ears under a bright lamp or direct sunlight so that lice or nits can be seen easier and removed.

Look for small white or yellowish-brown oval specks attached to the hair near the scalp. Nits feel like knots in a thread. To tell the difference between nits and dandruff, try to dislodge it by flicking at the object. If it does not move, it is probably a nit.

Treatment

1. Remove the infested person's clothing.
2. Wash the hair with a special medicated shampoo from a drugstore or your doctor. Follow the exact instructions on the bottle. Do not dilute or share treatment among several people. Do not reapply shampoo for at least 7 days after the initial treatment without checking with your doctor.
3. Have the person put on clean clothing after treatment.
4. Using a nit comb (school nurses recommend the LiceMeister comb), and carefully comb out the nits. Lice shampoo does not kill all the eggs. Start at the back of the head or above the ears, combing small sections of hair. Remove nits as they are discovered. Gradually work up the scalp until the whole head is combed. It is very important to comb hair daily for the next 2 weeks. This is the secret to success in treating lice infestations.
5. Check all household members. Treat those with live cases at the same time and repeat treatment for everyone in 7 to 10 days to kill any nits that may have hatched.
6. Continue to check and comb the child's hair daily for the next 2 weeks or more.
7. Retreat hair in 7 days. If NIX is used, a second treatment is not necessary.
8. The house and car needs to be treated as well to remove any live lice that could have crawled off the infested person or hairs that have nits on them that may have fallen off. Vacuum the child's bed, room, living area and any area in which the child has been in the last 48 hours. Remember to vacuum the car upholstery as well. Spraying the environment with pesticides is not recommended. Spraying unnecessarily exposes the family to harmful chemicals.
9. Wash all clothing and bedding that may have been exposed to the infested person in the last 48 hours in hot water. Dry items in a hot dryer. Soak combs, brushes and hair bands, etc. in hot, water for at least 10 minutes.
10. Children may return to school after treatment. Proof of treatment (an empty bottle) is required for re-entry to school. In 5-7 days, a reminder letter for a second treatment will be sent from school. Proof of re-treatment will also be required for your child to be allowed to attend school. Children do not have to be nit free to attend school, but nit removal is necessary for successful treatment for head lice.
11. To prevent further infestations, check your child's hair often for lice or nits. Girls' hair should be put up in a pony-tail or braid so it doesn't touch other children's hair. Limit sleep-overs. Encourage your children not to share brushes, combs, or hair accessories.