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# Nashwaak Valley School

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In order to contain the spread of lice at school, students whose hair has adult lice or eggs (nits) will have their parent, guardian or emergency contact called to take the students home as soon as possible. We recognize that having lice is not a sign of uncleanliness and act in a gentle manner, always keeping the child's feelings in mind. We regret having to take this action but lice is highly communicable, and can be costly and time consuming to eliminate. Therefore, the school must ask the parent or guardian to keep their child at home until all adult lice and nits have been removed. It is necessary to remove ALL nits or eggs as not all nits may be killed by the lice shampoo treatment. When children arrive back to school after being treated for lice and nits, we ask that a parent or guardian bring the student to the office so the child can be checked before returning to class. Whenever nits or lice are found, a letter will be sent to parents of children in that classroom.

Again, we realize that removing nits and lice is time consuming. However, in order to protect the other children in the school from getting lice, it is necessary for parents/guardians to take the steps to make sure their children return to school lice and nit free. We expect and appreciate cooperation from all homes in this matter for the sake of everyone's children.

### ***Suggestions to consider:***

#### Treat Lice Twice

Because some nits are resistant to over-the-counter shampoos, parents should treat infested family members a second time, 10 days after the first treatment. That way, if any nits were able to survive the first treatment and hatch, the second treatment will kill them before they're old enough to lay eggs.

If you find lice after two treatments with over-the-counter shampoos, the next step should be a visit to your family doctor, who will likely prescribe a more potent medicine.

#### Preventing Re-infestation

Here are some simple ways to get rid of the lice and their eggs, and help prevent a lice re-infestation:

- Wash all bed linens and clothing that's been recently worn by anyone in your home who's infested in very hot water (130°F [54.4°C]), then put them in the hot cycle of the dryer for at least 20 minutes.
- Dry clean anything that can't be washed (like stuffed animals). Or put them in airtight bags for at least 2 weeks.
- Vacuum carpets and any upholstered furniture (in your home or car), then throw away the vacuum cleaner bag.
- Soak hair-care items like combs, barrettes, hair ties or bands, headbands, and brushes in rubbing alcohol or medicated shampoo for 1 hour. You also can wash them in hot water or just throw them away.

Because lice are easily passed from person to person in the same house, bedmates and infested family members also will need treatment to prevent the lice from coming back.

Two video links with further information: <https://youtu.be/Hybe7quFRVU> and <https://youtu.be/mAsfE8AWxzU>

*This policy is sanctioned by the Parent School Support Committee and supported by the Nashwaak Valley Home & School committee.*

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**PLEASE RETURN THIS BOTTOM PORTION TO THE SCHOOL.**

I \_\_\_\_\_, parent /guardian of

\_\_\_\_\_ have read this school policy.

Date: \_\_\_\_\_