



**ST. JOHN'S**  
EPISCOPAL SCHOOL

## **Head Lice Policy**

At St. John's, we follow the recommendations of both the American Academy of Pediatrics (AAP) and the National Association of School Nurses (NASN) when dealing with head lice at school. The school nurse will perform head checks on students showing symptoms of lice infestation. If a child is found to have head lice while at school, the nurse will notify the child's parent and inform them that their child must be treated before returning to school the next day. The parent may choose to pick up the child immediately for treatment or they may allow the child to finish the school day and get treated after school. If the child remains at school, he or she will be instructed not to have head-to-head contact with others. The child will need to be checked by the nurse the next day before returning to the classroom. If the child has been treated by a lice removal professional, a certificate from the professional will be sufficient for re-entry and should be given to the nurse upon arrival the next day. If you wish to have more information on the rationale for our policy, please see the AAP and NASN links provided in the resources.

## **Helpful Information for Families**

Head lice are dependent on a human host for their survival. Lice cannot jump or fly. They can only crawl. Therefore, they only spread to others by head-to-head contact and rarely contact with inanimate objects that a person with lice has had worn or used, such as bedding or clothing. An adult louse can only survive for 48 hours without a human host and eggs (nits) will die within a week if not kept warm by the human head. However, a single louse can lay many eggs, so it is important to catch them early in order to stop the breeding cycle and prevent a severe case.

### **How to check your child:**

The best intervention for lice is frequently checking your child's head, especially after sleepovers and campouts. We recommend checking your child's head once a month. Look for adult lice, which are greyish brown and newly hatched lice, which look like small, black cinders. Also look for very small sesame seed shaped eggs glued to the hair shaft around the nape of the neck and behind the ears. Lice are very small and are often hard to see with the naked eye. The best way to check your child is to do a thorough combing of the child's hair with a fine-tooth lice comb. Wet the child's hair and put enough conditioner to saturate the entire head. This will slow the movement of the insects as it hinders their ability to crawl. Comb through the

child's entire head from root to tip. After each comb stroke, rinse the comb in a white bowl or plugged sink. When you are done combing, if lice are present, you will have very small dark insects visible in the white bowl. You can confirm your findings with a magnifying glass. If you find lice in the bowl- treat the child!

### **What to do if your child has lice:**

If you find head lice, notify the school nurse so siblings and/or recent close contacts can be checked. There are many treatment options:

- Over the counter chemical treatments available at your pharmacy or grocery (such as RID or NIX)
- Nuvo Method using Cetaphil cleanser (non-chemical) [nuvoforheadlice.com](http://nuvoforheadlice.com)
- Lice removal services:

#### **Hair Fairies**

8132 Park Lane Suite 160 Dallas, TX 75231  
972-439-5423  
[hairfairies.com](http://hairfairies.com)

#### **Lice Ladies Dallas**

5925 Forest Ln. #420 Dallas, TX 75230  
888-727-5403  
[liceladiesdallas.com](http://liceladiesdallas.com)

#### **Lice Clinics of America**

4054 Mckinney Ave. Suite 202 Dallas, TX 75204  
214-661-1678  
[airalledallas.com](http://airalledallas.com)

#### **The Mobile Lice Co.**

214-803-7933  
[www.mobilelice.com](http://www.mobilelice.com)

**Whatever treatment method you choose, it is important that you follow the entire treatment protocol** (usually daily combing and retreating in 7-10 days, but some of the treatment protocols vary). You will also want to wash all of the child's bedding daily in hot water during treatment. Stuffed animals that your child sleeps with or other items that can't be washed, can be placed in a sealed plastic bag for 10 days.

### **Prevention**

- Do not allow your child to share hats, helmets, hairbrushes, pillows, stuffed animals or scarves.
- Wash sleeping bags/bedding after sleepovers and campouts.
- Check your child's head regularly (especially after sleepovers and campouts).
- Have children wear long hair up in ponytails or braids.

- Don't shampoo as often or use hair gel - lice like clean hair that is free of products.
- Use a preventative shampoo. An example is "Rosemary Repel" which is available at Ulta beauty supply store, Target and online at Amazon.

## Resources

[AAP Position Statement](#)

[NASN Position Statement](#)

CDC lifecycle: [Read the info](#)

Is it head lice? [Watch the video](#)

Combing for head lice: [Watch the video](#)

What do lice and nits look like in the hair? [Watch the video](#)