



Headlice Protocol & Guidelines

September 2010



The head lice protocol is reliant upon a small group of parent volunteers who are the **head lice contact group** or “**checkers**” . The contact group is responsible for ensuring the implementation of the school protocol. These parents need to be familiar with inspection procedures and treatment guidelines.

Each class have at least 2 parents to perform regular inspections of the children in that class. Each class will be inspected during the first week of every month and the first week after each vacation. These inspections will take place in accordance with the class teacher. There will be a list of dates provided at the beginning of the school year when checking should take place. If a child is absent, the checkers are to come back to inspect that child's hair.

The upper school and lower school have each 2 **head lice coordinators**. It is the responsibility of the coordinators to check if all classes have been inspected and to remind checkers that inspection will take place. They will also provide an up to date list of names and contact information of the class checkers.

School will provide a file containing relevant information and copies of updated school documents. School will also provide a box containing class folders with names of all children in each class. The file and the class folders are in the office. Each class list will have a row of columns for information to be recorded by inspecting parents as to the absence or detection of nits or lice. Each column will be dated by the inspecting parents. If nits or lice are detected on a child this must be recorded on the list and the office must be informed right away.

The office will immediately inform parents if nits/live lice have been detected and prepare a letter for all students of that class to take home. The class teacher ensures that this letter goes home on the day that nits/lice are detected. In case of detection, the inspecting parents will re-inspect the class two weeks later.

Discretion is very important. If a child has nits/lice, the inspecting parent should inform the teacher and the office. The child will not be informed. We hope that everyone understands that this is a confidential matter and should not be passed on to other parents.

It is the responsibility of the parents to ensure that their child has received suitable treatment for head live before returning to school. Children will not be treated at school.

Guidelines on how to treat head lice

We have contacted the Dutch health authorities (GGD and RIVM) and have based our guidelines on their latest advice. Here are a few facts:

- Head lice are very common parasites among young children and their families.
- Head lice lay about 8 nits a day!
- Head lice cannot jump.
- There's nothing to be embarrassed or ashamed about having head lice.
- Having head lice has nothing to do with good or bad personal hygiene.
- Lice eggs hatch after around 4 days so two applications of lotion are always needed to make sure all lice have been killed.

MAIN OFFICE

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TREATMENT:

1. Use a special comb (such as either the Nisska comb or the Nitcomb ML2, can be bought at the pharmacist or drugstore for approx. 5 Euros) to comb through your child's hair. We recommend that you comb your child's hair daily for 2 weeks, until the treatment is successful. To facilitate the combing, we recommend using conditioner to soften the hair.

This is how it should be done:

- First wash your child's hair with normal shampoo
- Massage some conditioner through the hair and comb using a normal comb
- Use the special lice comb and comb your child's hair thoroughly. This takes about 20 minutes, depending on the thickness and length of the hair. The idea is to look for nits, remove them manually and use the comb to separate hair.
- Treatment is successful if no more nits are found after 2 weeks.

2. Conventional lotions that kill nits and live lice are available at pharmacist and drugstores. The most efficient are Prioderm® lotion, Loxazol® lotion and XT Luis®. It is important to note that lotions only kill live lice, nits must be combed out or manually removed.

USEFUL TIPS:

1. Wash all bed linen, towels, jackets, cuddly toys etc at 60° to kill all lice and eggs. Repeat this procedure one week after treatment.
2. Hair brushes and cuddly toys can be put in the freezer or in a closed plastic bag for a few hours to kill the eggs.
3. Check all family members' hair for live lice and nits.
4. Chlorine inactivates the chemical substances in the lotion so do not let your child go swimming for the duration of the treatment (2 weeks).
5. If your child is treated straight away, they can attend school as usual. Please think of reminding them to avoid direct head-to-head contact with other children!

Recommended websites:

- www.ggdgooi.nl Dutch site
- www.rivm.nl/infectieziekten Dutch site
- www.onceaweektakeapeek.com Excellent UK site
- www.nhsdirect.nhs.uk UK site

You can also contact the GGD Gooi & Vechtstreek
Afdeling Jeugdgezondheidszorg
Postbus 514, 1200 AM Hilversum
Tel: 035 692 63 50

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