

POWAY UNIFIED SCHOOL DISTRICT
HEALTH SERVICES

SUPPLEMENTAL INFORMATION ABOUT LICE

1. The examiner shall be confident in identification of the "louse" and the "nit."
2. An adult female louse can lay about 3-4 eggs per day for the usually life span of approximately 30 days.
3. Nits hatch in 7-10 days.
4. Entire life cycle is one month. Storage of clothing or objects for 30 days assures freedom from all stages of lice.
5. Adult lice can live off the body for 1-3 days. Nits can survive up to 10 days.
6. Lice that drop off are probably diseased, injured, or dead.
7. Generally, a louse will remain on a healthy head and continue to reproduce.
8. Lice must crawl from one person to another. They cannot jump or fly.
9. Lice can be spread by combs, brushes, gym clothes, headgear, towels, coats, etc.
10. Laundering linens and clothing in hot water for 20 minutes will destroy lice and nits.
11. Heating dry clothing or other fabric items in clothes dryer (hot cycle for 20 minutes) will destroy lice and nits.
12. Treatment is generally limited to confirmed cases; all household members should be checked.

PRECAUTIONS TO PREVENT THE SPREAD OF PEDICULOSIS IN SCHOOLS

Team Effort between Home & School:

1. To prevent the spread of pediculosis in the classroom (teacher):
 - a. Avoid activities that allow students to share hair implements (i.e., brushes, combs) or place heads together.
 - b. Allow students to hang their short coats on the back of their seats and long coats on wall hooks spaced at least 12 inches apart.
 - c. Assign individual lockers to students.
2. To prevent the spread in Physical Education classes (P.E. teacher):
 - a. Avoid use of common head gear (i.e., batting helmet) or clean between use with soap and water.
 - b. Assign lockers on an individual basis.
 - c. Assign clothes hooks on an individual basis and space at least 12 inches apart.
3. To prevent the spread in Safety Patrol units:
 - a. Avoid common use of helmets and coats

OR

- b. Wash helmets and coat collar area between use with soap and water and shake coats well between use.
4. To prevent the spread in a school building (custodian):
 - a. Vacuum with disposable bag. Before leaving, close bag securely with rubber band, place in secure plastic bag, and dispose in trash. Special sprays for pediculosis are not allowed. Vacuuming, dusting, and other ordinary maintenance procedures are usually adequate to clean rugs and furniture when only a few students are lightly infested.
 - b. Objects that cannot be easily cleaned (pillows, stuffed animals, etc.) shall be set aside. Place in a large plastic bag, tightly secured, and set aside for 30 days. This should allow time for any lice and their nits to complete their life cycle and die.

5. To prevent the spread from home to school (discuss with parent):
 - a. Ensure all household members are checked. Follow pediculicide directions to ensure effectiveness.
 - b. At the same time, household "spring cleaning" should be done.
 - c. Vacuum entire home and car, specifically upholstered furniture. Seal disposable vacuum bag with rubber band, place securely in a plastic bag, and discard in the trash.
 - d. Wash bedding and clothing in hot water (140⁰F) and dry in a hot dryer.
 - e. Wash or soak combs and brushes in hot, soapy water for 10 minutes.
 - f. Non-washable items (i.e., pillow, blankets, stuffed animals) should be dry cleaned, sealed in a plastic bag for 30 days, or placed in a hot dryer for 20 minutes.
 - g. Continue to check hair daily for the next 2-3 weeks to assure child is lice/nit free.

INSTRUCT PARENT: Consult your health care provider.

