

Austin ISD Department of Comprehensive Health Services Office of Student Health Services

AISD Lice Prevention, Control, and Treatment Policy

Updated, 2020

Based on recommendations from the American Academy of Pediatrics (AAP) 2015 and the 2013 update to the Texas Administrative Code (TAC Title 25, part 1, Chapter 97, Subchapter A, Rule 97.7), Austin ISD has updated its' Lice Prevention, Control, and Treatment Protocol to reflect the most current guidelines in the control of lice.

Students should not be excluded from school due to head lice. The Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), and the Texas Department of State Health Services (DSHS) support that there is little evidence that exclusion from school reduces the transmission of head lice (Texas Department of State Health Services, 2007, 2014).

Head lice are common for children ages 3-12. Head lice are not a health hazard and are not responsible for the spread of any disease. They are the cause of much embarrassment, misunderstanding, and many unnecessary days lost from work and school. "No-nit" policies which keep kids with lice home as long as they have any evidence of an infestation don't benefit these kids or their classmates and "should be abandoned" (American Academy of Pediatrics, 2015).

The goal of lice prevention and control in schools is to limit the spread of lice from one student to another student through accurate diagnosis, and meaningful and consistent communication and education (AAP, 2015). Lice control takes teamwork among home, school, after-school programs, and events in private or public locations, including student visits in each other's homes.

Questions regarding AISD Lice Policy, Protocol, and Procedures should be directed to the campus school nurse, the Department of Comprehensive Health Services at 512-414-9778, or Office of Student Health Services at 512-324-0195.

Live Lice and Nit Prevention, Control, and Treatment Procedural Guidelines

Initial Identification of Infestation

Cases of lice should be confirmed by the RN, School Health Assistant or **trained** AISD staff.

Live Lice

- All students identified with **live lice** will be sent home at the end of the school day after contacting parent/guardian by phone. They should not be excluded from school.
- Parents/Guardians will be advised to treat their child for head lice. Educational materials about treatment and prevention will be given and explained to parent/guardian.
- Parents/Guardians should notify close contacts of diagnosis.
- In elementary schools, parents of student in a class where a case of lice has been identified will be notified via phone text, letter, or electronic communication by the fifth school day after the school nurse has been made aware of a case of lice.
- For schools other than elementary schools, and based on the AAP (2015) recommendations, alert letters will **only** be sent home in the event of a 25% or greater number of students infested in a classroom to the parents of that specific classroom. Because alert letters may violate privacy and cause unnecessary public alarm, parents of infested student when the number does not meet the threshold, should be strongly encouraged to notify close contacts of diagnosis and reminded that the school will not be sending out "Alert" letters.

Nits

- Students identified with **nits only** will have their parent/guardian contacted by the school nurse to see if treatment has taken place within the last seven days.
- Educational material about nit removal and prevention of lice will be provided to parent/guardian.

Requirements for Readmission to School

- If live lice are found at re-check, the RN should be contacted to assess the adequacy or understanding of treatment, check for any problems or barriers that may prevent live lice removal, and counsel the family on treatment options.
- The student may remain in school unless otherwise recommended by the health team.

Treatment Failures and Frequent Re-infestations

- If live lice are found following treatment, the RN should be notified. The RN will investigate and make further recommendations to the family.

Classroom Control Measures:

- The Health Team will provide teachers with the "Checklist for Classroom Lice Control." Contact the RN for any questions regarding classroom lice control.
- Teachers are expected to follow the guidelines to prevent the spread of lice.
- Elementary school teachers will notify the RN/SHA of parent-reported lice infestation . If verified, the RN/SHA will continue as with notification as required by state law.
- At all times, schools are encouraged to discontinue fabric-covered items, i.e., pillows, blankets used by more than one child. Teachers may request storage bags to separate all coats/sweaters. Teachers, Assistants, and Monitors should not allow piling of coats.

Responsibilities

Student Health Services

- The health team will screen students sent to health room displaying symptoms
- Screening will be done on an individual basis for students reporting or demonstrating symptoms (i.e. lice visible in hair, scratching scalp). Current evidence does not support the efficacy and cost effectiveness of classroom or school wide screening for decreasing the incidence of head lice among school children (Centers for Disease Control, 2007) (American Academy of Pediatrics, 2015)
- The RN will distribute educational materials about lice to parents and staff throughout the year, i.e. submit newsletter articles, via student folders, or school websites.
- The RN will provide health teaching to students, staff, and parents regarding prevention, detection and treatment of lice as needed.
- The RN will follow-up with parents/guardians on cases that were identified by Quick Care Trained-AISD staff when no Health Team staff was available on campus.
- If an elementary school child is determined to have lice, the RN/SHA will notify the administration and classroom teacher to ensure the parents of students in the specific classroom may be notified by the fifth school day as required by state law. All patient privacy rights will be adhered to. Cases of live lice in children in other than elementary schools will be handled on an individual basis.

Quick Care Trained-AISD staff

- All staff members should be familiar with the signs and symptoms of lice infestation. Detection of lice or nits, or suspicion of lice or nits, should be promptly reported to the Health Team or designated, trained office staff.
- If the RN or School Health Assistant is not on campus, the quick care trained AISD staff will screen students sent by the teacher suspected of having lice.
- If live lice are found, and the Health Team staff will not be on campus that day, the Quick Care Trained staff will notify the RN and send home with the individual student a notification letter and educational materials provided by the Health Team.

Teaching Staff

- Survey the classroom environment regularly for students displaying signs of lice or items in the classroom that could be contributing to the spread of lice.
- Implement the “Checklist for Classroom Lice Control” and make appropriate changes. (See Appendix for Checklist).
- If a case of live lice has been identified in an elementary school, work with your campus RN/SHA and administration to ensure all parent in the particular classroom have been notified by the fifth school day after being made aware of a case of live lice.
- Send students to health room for inspection by the School Health Assistant or RN if student has visible lice or uncontrolled scalp scratching.
- Forward any reports of lice received from parents/guardians to the RN for educational follow-up, or notification as required by state law.

Parent/Guardian

- Parents/Guardians need to make lice screening a part of their family routine. Parents should check their children’s head at least weekly. School screenings do not take the place of these more careful parental checks (AAP, 2015).
- Parents/Guardians should follow the recommendations and/or treatment guidelines from Student Health Services.
- Parents/Guardians should consult their health care provider and/or school nurse for concerns about effective treatments.
- Parent/Guardians should notify close contacts of live lice diagnosis.

Community Education and Cooperation

- The lice prevention, control, and treatment protocol will be shared with AISD staff and staff of after-school programs for implementation in these programs, thus allowing for consistency when children are in school environments.
- The lice prevention, control, and treatment protocol and educational information may be shared as requested with Austin's private or parochial schools and with major after-school organizations, i.e., athletic or recreational facilities.



- Educational materials such as videos, flyers, books, and posters are available from Children's/AISD Student Health Services Administrative Office at Dell Children's Medical Center and may be checked out to RNs for parents, teachers, or group education.

Lice Educational Resources

Screening Procedure

1. **Only** the RN, School Health Assistant, and trained AISD Quick Care staff will be responsible for screening. Classroom teachers are only responsible for classroom surveillance.
2. Provide as much privacy as possible. Do NOT indicate that a student has lice/nits in the presence of the other students.
3. Use two objects long enough to separate the hair and expose the scalp. Non-sterile cotton-tipped applicators, coffee stir sticks, etc. can be used.
4. Check the back of the head and around the ears. If the hair is short in the back, check the area of the head where the hair is longer. If the child is itching, check the entire head.
5. Separate the hair and look for nits and moving lice. Nits will not move when the strand of hair is flicked. Dandruff, hair casts, lint and other debris will move when the strand of hair is flicked. Dispose of cotton tipped applicators or coffee stir sticks after one use.
6. Wash hands. Gloves are unnecessary.
7. Document findings either in SHIS or the AISD Personnel Log, as applicable
8. For cases of live lice, the RN/SHA will proceed with notification as appropriate for the school, as required by state law.

Checklist for Classroom Lice Control

- _____ Play items (hats, wigs, dress up clothes, etc.) cleaned after each child's use
- _____ Sweaters, backpacks, and coats hung separately on hooks and not touching. Sweaters, coats, and hats can often be placed in each student's backpack
- _____ Children's personal items (combs, brushes, hats, scarves, sweaters, coats etc.) are not shared
- _____ Carpet is vacuumed after a live lice diagnosis.
- _____ No sharing of cloth or upholstered pillows, mats, etc.
- _____ Nap items (pillows, blankets, towels, etc.) are stored separately in a cubby or plastic bag and taken home at least weekly to be washed.
- _____ Headphones are wiped with disinfectant after each child's use
- _____ Observation of children for:
- Nits/lice in hair (on nape of neck, over ears, and within ¼ inch of scalp)
 - Continuous scratching of head and neck

INSTRUCTIONS FOR TREATMENT AND CONTROL OF HEAD LICE AND NITS

- **Use a pediculicide** lice shampoo or treatment. You might want to ask your doctor or pharmacist for recommendations. Follow directions on the bottle exactly. **Do NOT use flea shampoo, alcohol, or gasoline. These are very dangerous and not proven to be effective.**
- Repeat pediculicide (lice) shampoo treatment of the hair in 7 to 10 days (depending upon the pediculicide used) to assure that if any nits have hatched, the new lice will be killed before they can lay more eggs.
- **Comb or pick out the nits**: Using a good metal nit comb, comb the hair section by section. Nit removal aids in decreasing the risk of self-reinfestation.
- **Clean environment**: To ensure better treatment outcomes, household cleaning should be done on the same day as the child's treatment.
 - Soak combs and brushes for one hour in a pediculicide lice shampoo or boil in hot water (212°) five to ten minutes.
 - Change into freshly washed clothes after treatment.
- Change and wash all sheets, pillowcases, blankets, and towels in hot water (130°) and machine dry on hot setting for at least 30 minutes.
- Wash all clothes, coats, and hats worn in the past 48 hours.
- Rugs, carpets, and upholstered furniture, including the upholstery in the car, can be vacuumed.
- Pillows, stuffed animals or non-washable items may be either dry cleaned, or sealed in a plastic bag for 2 weeks or placed in a dryer for 20 minutes of hot air.
- Exhaustive cleaning measures are not beneficial.

Helpful Hints for Nit Removal

Removing nits is the most important step in preventing the recurrence of head lice. For the initial treatment, use a pediculicide shampoo or treatment to kill the live lice and then:

- Comb the hair with a regular comb if the hair is thick and/or long to remove the tangles.
- Comb the hair into one-inch sections and remove the nits in each section by using a metal nit or flea comb.
- A metal nit comb can be reused if washed and boiled.
- Remove remaining nits by hand if necessary.
- Remember the key to successful lice treatment is complete removal of **ALL** nits close to the scalp (1cm or closer) Nits farther away from the scalp should be removed for aesthetic reason, to reduce diagnostic confusion and the chance of unnecessary retreatment, and to reduce social stigmatization.

Helpful Hints for Cleaning the Environment

- Soak combs and brushes for one hour in a pediculicide lice shampoo or boil in hot water (212°) five to ten minutes.
- Change into freshly washed clothes after treatment.
- Change and wash all sheets, pillowcases, blankets, and towels in hot water (130°) and machine dry on hot setting for at least 30 minutes.
- Wash all previously worn clothes, coats and hats.
- Vacuum rugs, carpets and upholstered furniture, including the upholstery in the car.
- Pillows, stuffed animals or non-washable items must be either dry cleaned, washed, sealed in a plastic bag for 2 weeks or placed in a dryer for 20 minutes of hot air.

Sugerencias útiles para quitar las liendres

Quitar las liendres es el paso más importante para prevenir la recurrencia de piojos en la cabeza. Para el tratamiento inicial, use un champú pediculicida o tratamiento para matar las liendres y después:

- Peine el cabello con un peine regular si el cabello es grueso o largo, para desenredarlo.
- Peine el cabello en secciones de una pulgada y quite las liendres en cada sección usando un peine de metal para liendres o pulgas.
- Puede volver a usar un peine de metal si lo lava y hierve.
- Si es necesario, quite con los dedos las liendres que queden.
- Recuerde que para el tratamiento para liendres tendrá éxito si quita completamente **TODAS** las liendres.
- Para ayudar a quitar las liendres puede usar aceite de oliva y dejarlo reposar en el cabello por 4 horas, lo que hará más fácil quitarlas. Otros productos que puede comprar para quitar liendres sin receta médica son Clear, Step 1, mayonesa y una solución de vinagre y agua (una ración de vinagre por una de agua).

Sugerencias útiles para limpiar su entorno

- Remojar cepillos y peines por una hora en un champú pediculicida para piojos, o hervir en agua caliente (212°) de cinco a diez minutos.
- Después del tratamiento, ponerse ropa limpia.
- Cambiar y lavar todas las sábanas, fundas y colchas en agua caliente y secarlas en la secadora a temperatura caliente.
- Lavar toda la ropa, abrigos y sombreros que hayan sido usados.
- Aspirar alfombras, tapetes, incluyendo la tapicería del auto.
- Almohadas, animales de peluche o artículos que no se pueden lavar deben lavarse en seco, lavarse con agua y jabón, ponerse en una bolsa de plástico herméticamente cerrada por 2 semanas o colocarlos en la secadora de ropa por 20 minutos en aire caliente.

Teacher/Grade: _____/_____

DATE: _____

RE: HEAD LICE

Dear Parent/Guardian:

Your child, _____, has signs and symptoms of head lice. Even though they do not jump or fly, they can be spread from one person to another by close personal contact, and sharing personal items such as combs, brushes, clothing, and hats. Head lice can happen to anyone. It is not a sign of poor health habits, being dirty, or poor parenting.

To control the spread of head lice, please treat your child with a pediculicide shampoo or treatment.

It is recommended that all household members be checked and those with evidence of an active infestation should also be treated at the same time. The student will be checked for live lice upon returning to school by the health team or school office staff. Please have your child report to the office before going to class.

Working together we can meet this challenge. I have provided information about treatment and prevention. I will be calling to follow-up in a few days. I am available to discuss any questions you might have concerning this matter.

School Nurse

Telephone Number

Notificación a Los Padres de Los Piojos de La Cabeza

Profesor(a)/Grado _____/_____

Fecha: _____

RE: Los Piojos de la Cabeza

Queridos padres/tutor:

Su hijo(a), _____, tiene signos y síntomas de los piojos de la cabeza. Aunque no saltar o volar, se pueden contagiar de una persona a otra mediante el contacto personal cercano y compartir artículos personales tales como peines, cepillos, ropa y sombreros. Los piojos de la cabeza pueden pasar a cualquiera. No es un signo de mala salud hábitos, sucios, o mala crianza.

Para controlar la propagación de los piojos de la cabeza, por favor, trate a su hijo con un champú pediculicide o tratamiento. Es recomendable que todos los miembros de la familia comprobarse y aquellos con evidencia de una infestación activa también deben ser tratadas al mismo tiempo. El estudiante será verificado por los piojos vivos después de regresar a la escuela por el equipo de salud o personal de la oficina de la escuela.

Por favor, pida que su niño de reportarse a la oficina antes de ir a clase.

Trabajando juntos podemos hacer frente a este reto. Me han proporcionado información sobre el tratamiento y la prevención. Instaré al seguimiento en unos pocos días. Estoy disponible para discutir cualquier pregunta que usted pueda tener en relación con este asunto.

Atentamente,

Enfermero(a) de la escuela

Número de teléfono

TO: Parents of _____ class

FROM: Children's/AISD Student Health Services

SUBJECT: HEAD LICE IN THE CLASSROOM

Re: Notification of Head Lice in the Classroom

Dear Parent or Guardian:

This note serves as notification that a student in your child's class has been identified to have lice. Senate Bill 1566 was passed during the Legislative session 2017 to require the school to notify parents of a classroom occurrence of lice. Head lice, although not an illness or a disease, is very common among children and is spread through head-to-head contact during play, sports and when children share items like combs, hats, brushes, and headphones.

According to the Centers for Disease Control and the American Academy of Pediatrics, children diagnosed with live head lice do not need to be sent home early from school; they can go home at the end of the day, be treated, and return to class after appropriate treatment has begun. Nits may persist after treatment, but successful treatment should kill crawling lice.

Recommendations for parents:

1. Check your child's hair daily.
If you find lice treat your child and any children who share rooms or beds in the house. In addition, the sheets and clothes must be washed in hot water. Stuffed animals or other items which cannot be washed should be bagged for 2 weeks.
2. Please let the school nurse know if you become aware of lice.
3. Follow treatment guidelines, available on the attached guideline.

The Centers for Disease Control and Prevention can be utilized as a resource for treatment and prevention of lice. Treatment options can be found at <https://www.cdc.gov/parasites/lice/head/treatment.html> and prevention tips at <https://www.cdc.gov/parasites/lice/head/prevent.html>.

If you have any questions, feel free to contact me.

Sincerely,

School Nurse

Telephone Number

Asunto: Notificación de piojos en el aula

Fecha: _____

Estimado padre o tutor:

Esta nota sirve como notificación de que un estudiante en la clase de su hijo ha sido identificado con piojos. El proyecto de ley Senado 1566 fue aprobada durante la sesión legislativa 2017 para requerir a la escuela notificar a los padres de la presencia de piojos en la clase. Aunque tener piojos no es una enfermedad o una afección, es muy común entre los niños y se propaga a través del contacto entre cabezas, durante el juego, deportes y cuando los niños compartan objetos como peines, sombreros, cepillos y auriculares.

Según los centros para el Control de las enfermedades y la Academia Americana de Pediatría, los niños diagnosticados con piojos vivos no necesitan ser enviados a casa temprano; pueden quedarse en la escuela hasta el final del día, recibir tratamiento y volver a clases después de comenzar el tratamiento adecuado. Las liendres pueden persistir después del tratamiento, pero el tratamiento eficaz debe matar los piojos.

Recomendaciones para los padres:

1. Revise el cabello de su hijo diariamente.
2. Si encuentra piojos aplique tratamiento a su hijo y a los niños que compartan habitaciones o camas en la casa. Además, las sábanas y la ropa deben lavarse en agua caliente o poner en bolsas animales de peluche durante 2 semanas u objetos que no pueden ser lavados. Comunique a la enfermera escolar si encuentra piojos.
4. Siga las pautas de tratamiento, disponibles en la página adjunta de prevención y tratamiento.

Los centros para el control y la prevención pueden ser utilizados como un recurso para el tratamiento y prevención de los piojos. La información para el tratamiento la puede encontrar en:

<https://www.cdc.gov/parasites/lice/head/treatment.html> y consejos para la prevención en <https://www.cdc.gov/parasites/lice/head/prevent.html>.

Si tiene alguna pregunta, no dude en ponerse en contacto con nosotros.

Atentamente,

Enfermera/o escolar_____
El numero del telefono

Beginning of the Year Lice Letter for Parents.

Re: Head Lice Education

Dear Parent or Guardian:

Welcome back! I am looking forward to a productive and enriching new school year.

As you may know, head lice cases have been on the rise. An estimated 6 to 12 million infestations occur each year in the United States, most commonly among children ages 3 to 11.¹ I am writing to you to help you learn how to identify lice and provide information on what you can do if lice hit your home.

What are head lice?

Head lice are tiny, wingless insects that live close to the human scalp. They feed on blood. The eggs, also called nits, are tiny, tear-drop shaped eggs that attach to the hair shaft. Nits often appear yellowish or white and can look like dandruff but cannot be removed or brushed off. The nymph, or baby louse, is smaller and grow to adult size in one to two weeks. The adult louse is the size of a sesame seed appears tan to grayish-white. An itchy and inflamed scalp is a common symptom of lice. Although not common, persistent scratching may lead to skin irritation and even infection.¹

Who is affected by head lice?

Head lice are not related to cleanliness.¹ In fact, head lice often infest people with good hygiene and grooming habits.¹ Infestations can occur at home, school or in the community. Head lice are mostly spread by direct head-to-head contact—for example, during play at home or school, slumber parties, sports activities or camp. Less often, lice are spread via objects that have been in recent contact with a person with head lice, such as hats, scarves, hair ribbons, combs, brushes, stuffed animals or bedding.¹

What to do if an infestation occurs?

If you think your child has head lice, it's important to talk to a healthcare provider to discuss the best treatment approach for your family. Resistance to some over-the-counter head lice treatments has been reported, but the prevalence of resistance is not known.¹ There are new prescription treatment options available that are safe and do not require nit combing.

As your school nurse, I want to provide you with the information you need to safeguard your children's health and pave the way for a healthy school year. I hope you find this information useful.

Sincerely,

[Name] Contact number

Reference: Headfirst Lice Lessons. (n.d.) Re: Head Lice Education. www.headfirstlicelessons.org.

Beginning of the Year Lice Letter for Parents.

Re: Educación de piojos de cabeza

Estimado padre o tutor:

¡Bienvenido! Espero un año escolar nuevo productivo y enriquecedor.

Como ustedes saben, casos de piojos de la cabeza han ido en aumento. Una infestación de 6 a 12 millones estimado ocurre cada año en los Estados Unidos, más comúnmente entre los niños edades 3 a 11. ¹ Que me dirijo a usted para ayudar a que aprender a identificar los piojos y proporcionar información sobre lo que puede hacer si los piojos golpeó su hogar.

¿Qué son los piojos?

Los piojos son insectos diminutos, sin alas que viven cerca del cuero cabelludo humano. Se alimentan de sangre. Los huevos, también llamados liendres, son diminutos, lágrima en forma de huevos que se adhieren al pelo. Las liendres aparecen a menudo amarillento o blanco y puede parecer caspa pero no pueden ser quitados o cepillados. La ninfa, o piojo dela bebé, es más pequeño y crecer hasta el tamaño adulto en una a dos semanas. El piojo adulto es del tamaño de un sésamo semillas aparece tan a blanco grisáceo. Un cuero cabelludo inflamado y picazón es un síntoma común de los piojos. Aunque no es común, rascado persistente puede llevar a irritación de la piel e incluso infección. ¹

¿Que es afectado por piojos en la cabeza?

Los piojos no están relacionados a la limpieza. ¹ de hecho, piojos infestan a menudo personas con buena higiene y hábitos de la preparación. ¹ pueden ocurrir infestaciones en el hogar, escuela o en la comunidad. Piojos de la cabeza se transmiten principalmente por contacto directo cabeza a cabeza, por ejemplo, durante el juego en casa o escuela, partidos de sueño, actividades deportivas o campamento. Con menos frecuencia, los piojos se propagan a través de objetos que han estado en contacto reciente con una persona con piojos en la cabeza, como sombreros, bufandas, cintas de pelo, peines, cepillos, peluches o ropa de cama. ¹

¿Qué hacer si ocurre una infestación?

Si usted piensa que su hijo tiene piojos en la cabeza, es importante hablar con un médico para discutir el mejor enfoque de tratamiento para su familia. Se ha reportado resistencia a algunos tratamientos para piojos de venta sin receta, pero no se conoce la prevalencia de la resistencia. ¹ son nuevas opciones de tratamiento de prescripción disponibles que son seguras y no requieren peinado de liendres.

Como la enfermera de su escuela, quiero darle la información que necesita para proteger la salud de sus hijos y allanar el camino para un año escolar saludable. Espero que encuentres esta información útil.

Atentamente,

Enfermera(o) de escuela

El numero del telefono

References for Updated Policy:

Center for Disease Control

Parasites-Lice-Head Lice

Content Source: Global Health- Division of Parasitic Diseases and Malaria; Page last reviewed: September 24, 2013

National Association of School Nurses

Policy Statement

Pediculosis Management in the School Setting:

Adopted: November 1999 Revised: July 2004, January 2011

American Academy of Pediatrics

Head Lice

PEDIATRICS 2015; Vol. 135 published online April 27, 2015, 31355-1365; DOI: 10.152/peds.2015-0746

Legal Notifications

Texas Department of State Health Services

Recommendations on “No-Nit” Policies in Schools, September 2007

Managing Head Lice in the School Setting and at Home, September 2017

<https://www.dshs.texas.gov/schoolhealth/lice.shtm>

Texas Administrative Code, Title 25, Part 1, Chapter 97, Subchapter A, Rule 97.7, Update 2013