

LAKE FOREST SCHOOL DISTRICT 67

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**Instructions to Parents for Head lice (pediculosis) Treatment**

1. Treat your child with a scientifically supported head lice treatment. Treatment options include:
  - a. Over The Counter products: Shampoos containing either pyrethrin (\*Rid, others) or permethrin (\*Nix). Apply these treatments exactly as directed on product packaging.
  - b. Prescription Medicines: If OTC products do not work, your doctor can prescribe shampoos or lotions that contain different ingredients.
2. Nit picking: Following treatment, use a bright light to examine your child’s head, and manually remove nits to reduce risk of re-infestation.
3. Use hot water and detergent to wash sheets, pillowcases and clothing.
4. Place non-washable items in the dryer on high heat for 20 minutes, or seal in a plastic bag for a minimum of ten days. Dry cleaning is also an option.
5. Soak combs, brushes, headbands and barrettes in the treatment shampoo, or wash in a dishwasher.
6. Thoroughly vacuum carpets, upholstery, pillows and mattresses and discard the bag. Avoid lice sprays.
7. Vacuum car upholstery and car seats and discard bag; wash vinyl areas with hot soapy water. Avoid lice sprays.
8. Remember to retreat in 7-10 days as directed on product package.
9. Please accompany your child to the school nurse’s office for re-check before your child re-enters the classroom.

(\* Brand names used as an example only- the School District does not endorse any particular brand products.)

Additional Information Resources:

1. <http://www.nasn.org/Default.aspx?tabid=237>
2. <http://www.mayoclinic.com/health/head-lice/DS00953>
3. <http://www.cdc.gov/parasites/lice/head/treatment.html>
4. <http://www.idph.state.il.us/public/hbhome.htm> (scroll to Fact sheet on Head Lice)

Adapted from New York School Health Services: [www.schoolhealthservicesny.com](http://www.schoolhealthservicesny.com)