

504.1.A Head Lice Counselling Guidelines

(Based on material provided by Chinook Regional Health Authority)

1. Head lice do not spread any diseases, but do cause emotional distress. They affect anyone regardless of personal cleanliness. Children are affected more than adults because of the amount of time spent in close conditions.
2. Lice require warmth and human blood to survive. Transmission is person to person, spread by direct contact. Sharing of hats, coats, etc. may play a role in transmission.
3. When a family member has lice, all members should be checked. Treating all family members with lice at the same time prevents the spread of lice from untreated to treated members.
4. **Following the chosen lice product recommendation is important.** Hair should be clean before treatment. Gels or conditioners may coat hair and prevent absorption of the lice product. The product must be applied to wet or dry hair as **specified and left on** for the recommended amount of time. Be sure to use the complete bottle for each treatment. Using too little or not leaving on for the correct amount of time may mean the treatment won't work (see chart).
5. No current lice product is 100% effective. Some lice or nits may survive. **All products recommend a second treatment in seven (7) to ten (10) days** to kill any lice that hatched from nits that survived the first treatment.
6. If lice are found 24 to 48 hours after treatment, a **heavy** infestation or resistance may be present. Re-treat immediately with a different product followed by a second treatment with that product in seven (7) to ten (10) days.
7. **Removal of nits is VERY IMPORTANT.** This prevents confusion about whether the nits were present previously or are from a new infestation. It also prevents self re-infestation caused by survival and hatching of nits after treatment. Others seeing nits also assume that the infestation is active.
8. To remove nits do hair in sections. Fasten hair not being worked on out of the way. Use good light and a nit comb or fingernails. Start at the scalp and go to the end of the hair. Clean the comb by dipping in water or with a tissue after each pass through the hair. Go through the same section of hair and look again. If a nit comb doesn't work, use fingernails.
9. Check the person every day for two weeks and then weekly. Finding one or two nits the next day could be missed nits. If many are discovered, there may still be live lice. Repeat step #8. Do not confuse the nits with hair debris (dandruff, hair casts).
10. Wash bedding and clothing used in the last 58 hours in hot water and/or dry on a hot setting. Combs and brushes can be soaked in hot water for 10 minutes or wash with the lice product. Items that can't be washed can also be vacuumed, put in a plastic bag and frozen (48 hours) or stored away (10 days). Using lice sprays is not recommended.

11. Little information on product resistance is available. (Also see #6.) At present, not following treatment recommendations, not removing nits or re-infestation from an untreated contact seem more likely reasons for lice reappearance than product resistance.
12. Use of natural or homemade remedies (Vaseline, tea tree oil) is **not** advised. Directions on using these methods also stress nit picking after the treatment. Only products that have been tested and licensed for sale as a lice product should be recommended.
13. Informing schools, day cares, groups (sports teams, cubs/guides), and close friends is important. Some people will have no symptoms and be spreading lice.
14. Weekly parental checks are strongly recommended. Lice products should not be used as a pretreatment. **No treatment will prevent catching lice.**

Name	Active Ingredient	Formulation	Method of Use
Nix	Permethrin Pyrethroid	Crème rinse	<ul style="list-style-type: none"> • Wash hair with shampoo, rinse with water, and dry well • Do not apply any conditioner • Apply sufficient amount of product to saturate hair and scalp • Leave on for 10 minutes • Rinse off with water • Re-treatment after 7-10 days
Kwellada	Lindane	Shampoo	<ul style="list-style-type: none"> • Apply complete bottle to dry hair • Work in for 4 minutes • Add water a little at a time to form a lather • Continue shampooing for another 4 minutes • Rinse thoroughly • Repeat 7-10 days
R&C Shampoo	Pyrethin	Shampoo	<ul style="list-style-type: none"> • Apply product to dry hair to soak thoroughly • Allow to remain on area for 10 minutes • Add small quantities of water, working into the hair until lather forms • Rinse thoroughly • Repeat 7-10 days