

Grace Community School

8 Step to Easy Lice Prevention

1. Soak your child's hair in olive oil or baby oil for one hour.

The oil will block the breathing holes on the louses' body, preventing it from breathing thus killing it. Lice in recent years has grown more and more resistant to pediculicides that are found in most lice shampoos like Nix, Rid, and Pronto. Oil is safe and effective and can be repeated as often as needed to keep your child lice free.

2. Remove all nits.

Grace Community School has a no nit policy. Nits will hatch every 7 to 10 days after being laid. The lice can then spread to other children. After soaking in oil, use a nit comb (metal preferably) and comb through your child's hair. (Although pulling them out by hand is the best method to make sure all the nits are removed) Section off a small portion of the hair and run the comb down the hair removing all nits. All nits must be removed! If your child has one nit, we will call you at work and have you come pick up your child.

3. Wash hair with shampoo.

Clean the oil out of the hair by using shampoo. You may need to wash hair several times to remove all the oil.

4. Wash bed linen and clothing in hot water, anything that cannot be washed should be wrapped in plastic for two weeks.

Hot water will kill all nits and live lice that might be on clothing and bed linens. You do not need to use a lice spray. Lice cannot live off a human host longer than a day.

5. Soak combs and brushes in hot water for at least an hour.

6. Check for nits every morning and night for two weeks.

It is easy to miss nits even after a thorough job of nit-picking. To prevent a missed nit, check daily. Three to five or more nits per day may indicate a live louse is still on your child's hair. Repeat steps one through five.

7. Talk with your child about live prevention.

Lice is spread through head to head contact or the sharing of items like combs, articles of clothing, stuffed animals, etc. Tell your child to not share these items. Keep long hair up in a pony tail or braid to help minimize chances that your child's hair will come in contact with another child.

8. Check your child's hair routinely for nits.

If you follow these steps the chances that your child gets head lice will be significantly reduced. However, lice is becoming more and more prevalent due largely to the lice's resistance to all pediculicides. Therefore, continued vigilance is recommended. Lice can move quickly through the hair and is very hard to detect. Their nits, however, can be spotted rather easily. Check at the base of the neck and behind the ears. The sooner you realize your child has lice the easier it will be to take care of the problem

Don't want to remove it yourself?

**Lice Clinics of America located in Bonita Springs will do it for you.
(239) 747-1668**

Grace Community School is a child care facility operating under an exemption pursuant to the laws of the State of Florida and is not subject to licensure or regulation by the Department of Children and Families."

