

Head Lice to Dead Lice

(Based on research from the Harvard School of Public Health)

Posted on the school district's website is a link to a brief (*and somewhat humorous*) Youtube video for a plan to eradicate lice!

1. Visit www.selkirk.k12.wa.us
2. Click on the DEPARTMENTS tab on the left side of the page.
3. Click on the SCHOOL NURSE link
4. Toward the middle of the page are two links to Part 1 and Part 2 of **HEAD LICE TO DEAD LICE!**

FIVE-STEP BATTLE PLAN

BEFORE YOU GET STARTED - View YouTube video at the school district website (see above) and then follow the 5-step plan below:

***STEP 1: Use a pediculicide**

Use an over-the-counter pediculicide shampoo or crème rinse to kill most of the lice. Read the labels carefully and discuss the product with your doctor or pharmacist. The National Pediculosis Association discourages the use of Lindane (Kwell), a prescription product which can cause serious side effects.

***STEP 2: Apply the olive oil treatment**

Olive oil smothers and kills active head lice (lab tested at the Harvard School of Public Health). Apply as demonstrated in the video using the following calendar:

Olive Oil Treatment Days: 1, 5, 9, 13, 17 & 21

The treatments have been carefully timed to coincide with the life cycle of the louse. If you choose not to use a pediculicide, use the olive oil treatment on **Day 1 and Day 2** in addition to all other designated days (see below). You may do the treatments more often if you like, but do not miss any of these days or, chances are, you will have to start over.

***STEP 3: Clean the environment**

The housecleaning steps demonstrated in this video will help avoid re-infestation, so clean once, then concentrate on heads.

***STEP 4: Comb out the nits**

Leave the olive oil in the hair for the comb out. Using a good metal nit comb, comb the hair section by section (see video). Then comb carefully over the entire scalp. Wash out the oil as demonstrated in the video.

Note: The olive oil kills by covering the holes through which the lice breathe. If lice aren't completely covered by oil, they may not die. But the oil will slow them down, allowing them to be caught in the nit comb. **If the pediculicide fails to kill a bug, it means that bug is resistant and will never be killed by that chemical, no matter how many times you use it. This is not true of olive oil. Each time you use the olive oil, it has a good chance of killing each bug.**

***STEP 5: Check for nits**

Check dry hair in bright light for any nits you have missed.

For more information, see YouTube videos on the Nurse Page at www.selkirk.k12.wa.us