

# Summer Camp 2010

## Head Lice Policy

Each camper will be examined for head lice upon arrival. If nits or lice are present, **campers will be turned away** with no refunds issued. If a camper is sent home, the camp is not responsible for expenses incurred in picking up the camper.

We want your time at Dry Gulch, U.S.A. to be a pleasant and enjoyable experience, so please take the following precautionary measures to see that your camper is ready for the total camp experience:

1. Parents should do a head lice check on their children two weeks before camp.
2. Group Leaders should do a head lice check of the group on the day of departure to make sure no one in the group is infested.

We have provided the following information to help you in your head lice checks and to provide you with materials for informing parents of our policy concerning head lice.

### What are they?

Head lice are small grayish-white insects, which are found in the hair, behind the ears, and on the nape of the neck. They live on human blood and their bites cause itching and scratching. These bites can lead to infection.

### How can they be recognized?

The adult louse is about the size of a sesame seed. They attach their eggs (called nits) to strands of hair close to the scalp. Nits are tiny, pearl gray, oval-shaped specks that are attached firmly to the hair. These may hatch in 1 week, but have been known to survive for 10 days. Frequent scratching of the head is usually the first clue of infestation.

### How long does it take from exposure to infestation?

One to two weeks.

### When are they contagious?

As long as there are live lice and eggs.

### How are they spread?

They are spread from direct contact with an infested person or from personal items of the infested person such as combs, brushes, pillows, bedding, clothing, head coverings, or furniture. Since they need a human scalp for food and warmth, the louse dies when away from the human body for 48 hours.

### How do I prevent infestation?

1. **DO NOT** share combs, hairbrushes, hats, coats, scarves, and other such items.
2. Coats and wraps should be hung where they do not touch items of other people.
3. When one family member is found infested, all family members should be examined.

If condition continues after treatments, contact your doctor or nurse practitioner.

## How do I treat infestation?

(Not recommended for use on infants under two months without consulting a health care provider.)

1. Examine the heads of all family members and other close contacts, and treat everyone with any signs of lice at the same time.
2. Shampoo the hair first with your regular shampoo (make sure shampoo **DOES NOT** contain cream rinse), then use one of the following medications:

**Nix Cream Rinse** is available without a prescription.

- a. A sufficient amount should be applied to saturate hair and scalp (especially behind the ears and the nape of the neck).
- b. Leave on hair for 10 minutes, no longer.
- c. Rinse with water.
- d. A single treatment appears adequate because this product stays in the hair for at least two weeks.

**RID** (comes with a fine tooth comb), **A-200 Pyrinate** (liquid or gel) or **R & C** all are available without a prescription. **DO NOT USE IF ALLERGIC TO RAGWEED.**

- a. Apply 2 ounces of liquid OR a 1-ounce tube of gel to **dry** hair and scalp, being careful to avoid contact with eyes, nose and mouth. If product should get into the eyes, immediately flush with plenty of clean water.
  - b. Rub the hair vigorously in all directions for 2-3 minutes to insure contact with the lice and nits (eggs). Allow medication to remain on the hair no longer than 10 minutes.
  - c. Wash hair thoroughly with warm water and a good shampoo and dry with a clean towel.
  - d. Remove nits (eggs) with a fine toothed comb. (You may loosen nits by using a cream rinse or by applying ½ vinegar to ½ water solution before combing.)
  - e. One application will kill the lice and most nits. Use regular shampoo to wash your hair as needed after 24 hours. **IMPORTANT: Repeat medication application in 7-10 days.**
3. It is **extremely important** that clothing, caps, hats, combs, bedding, stuffed toys, and other articles in contact with the person's head are thoroughly laundered or cleaned. Eggs and adult lice are killed after **5-10 minutes** at **125 degrees**.
    - a. Soak combs and brushes for 1 hour in Lysol solution.
    - b. If wash water is not very hot, add boiling water to the washer before adding clothes.
    - c. Tumble clothes for **5-10 minutes** in a commercial dryer.
    - d. Articles of clothing that require professional cleaning should be dry cleaned.
    - e. Items such as stuffed toys can be placed in a plastic bag and sealed for **10 days**.

If these procedures are not done, treated persons may become reinfested when they use these articles again. Fumigation of the home is not recommended. Cleaning of the house and furniture inhabited by infested individuals should be limited to thorough vacuuming.