

# \*\*\*IMPORTANT\*\*\*

## 2019 Songadeewin Policy on Head Lice

### THIS POLICY REQUIRES YOUR PARTICIPATION.

Please read and share with your daughter.

Our goal is to have a lice-free summer. We need your help to make that possible. Please take the following precautionary measures to see that your camper is free of both lice and nits (eggs) prior to arrival at camp. **Everything we do prior to camp gives us the best shot at having a lice-free summer, however as many of you know from experience, it only takes one nit that gets missed to cause an outbreak.** We are vigilant about checking girls before and after trips to catch any missed nits or lice once camp begins.

**It is your responsibility to make sure your child is lice-free and nit-free before arriving at camp.**

#### 1. THOROUGHLY CHECK YOUR CAMPER

- Start at least 2 weeks prior to arrival, then ten days later **and** again 48 hours prior to arrival at camp.
- If you don't feel qualified to find nits or lice please speak to your school nurse or hire a lice checking service – Lice Enders in NYC or Lice Treatment Center in NYC and CT are two such services. Your local area may have one as well.
- *Please note, as we discovered a few years ago not every pediatrician is an expert at seeing lice – you really need to confirm that the person checking has a lot of actual experience identifying lice on heads.*
- Also check the internet for sites that advise in how to “nitpick” – nothing works as well or completely as repeated, consistent (daily) and thorough combing with a special lice comb. ([www.ehow.com](http://www.ehow.com) and [www.headlice.org](http://www.headlice.org) are two to check)

#### 2. WHAT TO LOOK FOR

- Head lice are small grayish-white insects, which are found in the hair, behind the ears, and on the nape of the neck. Their bites cause itching and scratching, which is frequently the first sign of an infestation. You may not see any live lice.
- The adult louse is about the size of a sesame seed. They attach their eggs to strands of hair close to the scalp. Nits are the size of a poppy seed and are gray, oval shaped specks that are firmly attached to the hair, usually about ½ inch from the scalp. You are more likely to see nits than live lice.

#### 3. WHAT TO DO IF YOU THINK YOUR DAUGHTER HAS LICE

- Contact your pediatrician for treatment advice. They may request an exam to confirm the diagnosis. All bedding and clothing must be washed and dried at high heat for *at least 20 minutes*.
- There are many over-the-counter remedies, both chemical and herbal. The idea is to kill the live adults and then pick or comb the nits off each hair shaft.
- Nit-picking/combing can be very time consuming and must be done every day for a week to ensure that no eggs remain which could hatch. Most eggs will hatch in a week, but some have been known to survive for 10 days.
- Usually a repeat treatment is necessary one week after the first, to kill any eggs which may have escaped the comb and subsequently hatched.
- Notify the camp nurse if your daughter has an infestation within one month of start of her time at camp.

**\*\*\*\*CAMP PROCEDURE\*\*\*\***

- Each camper will be examined for head lice upon arrival and BEFORE moving anything into her tent or cabin.
- We have hired special experts to check each camper.
- If nits or lice are found:
  - Your daughter will be isolated until a full treatment can be done at a cost to you of upwards of \$250.00 depending on length of time needed to comb her out after the treatment.
  - Follow up treatment for girls with especially long or thick hair, or especially heavily infested with nits and/or live bugs *will have their treatments contracted out at \$50.00 per hour (for two nurses to nitpick) over the course of seven to eight days at a cost billed to you of \$500.00 plus.* Songadeewin will pay for the two shampoo treatments of \$40.00 plus.
  - Girls with especially long or thick hair could require a short hair cut as well if lice or nits are found with a cost saving to you for treatments after the haircut.
  - All clothing and bedding will need to be dried by the parent(s) who are present before anything can be moved into the cabin or tent. We will allow families to use our industrial dryer, but they will need to stay and wait to complete this task.
  - Or, parents may return home with their camper and return when she is lice and nit free.
- **Girls arriving on the bus or via airplane should be especially well checked and treated by their families before arrival.**
- **The above procedure should not be a substitute for the work a family does** regarding lice prior to arrival.
- For girls flying through NYC The Lice Treatment Center can arrange to check and treat girls – you can call them directly 203-993-0310 or 888-LICE-AWAY.

**Please make sure your daughter understands what will happen if she arrives with lice, so this doesn't all come as a surprise to her on opening day.**

Date	What to do	Result/ Actions
June 14 (1 <sup>st</sup> Mo or 8 week campers) or July 12 (2 <sup>nd</sup> Mo. or 2 week campers)	Do a thorough check of your daughter's head, esp. at nape and around ears. Treat if any nits or lice found.	
Daily, for next 10 days – if nits or lice were found	Combing of entire head with special lice comb.	1 2 3 4 5 6 7 8 9 10
June 23 (1 <sup>st</sup> Mo or 8 week campers) or July 21 (2 <sup>nd</sup> Mo. or 2 week campers)	Re-treat and continue combing.	Retreat 1 2 3 4 5 6 7 8
June 22 (1 <sup>st</sup> Mo or 8 week campers) or July 20 (2 <sup>nd</sup> Mo. or 2 week campers)	(The day prior to camp opening) Re-check for nits and lice; start treatment if needed.	
June 23 (1 <sup>st</sup> Mo or 8 week campers) or July 21 (2 <sup>nd</sup> Mo. or 2 week campers)	<b>Bring this completed chart with you to camp</b> and give to camp nurse prior at check in.	