

AYF Head Lice Prevention Policy

This policy requires your participation. Please read and share with your camper.

Our goal is to have a lice-free summer, and we need your help to make that possible. Please take the following precautionary measures to see that your camper is free of lice and nits (eggs) prior to their arrival at camp.

Families should check their camper 10 days before arrival at Miniwanca and again 48 hours before Opening Day. Do a thorough check of your camper’s head, especially at the nape of the neck and around the ears.

Please notify **AYF Lead Health Office Carrie Hargreaves Smith** at csmith@ayf.com if your camper has had lice within one month of camp.

Thank you for making sure your child is lice-free before camp starts!

Date	What to do	Result/Actions Please include dates									
At least 3 to 4 weeks prior to arrival at camp	Do a thorough weekly check of your camper’s head, especially at nape of the neck and around ears. Treat if any nits or lice found.										
If nits or lice are found, for the next 10 days...	...comb entire head with special lice comb.	1	2	3	4	5	6	7	8	9	10
If nits or lice are not found, 10 days later...	...do a second thorough check. Treat any nits or lice found.										
Two weeks after first treatment...	...treat again and continue combing.	Retreat	1	2	3	4	5	6	7	8	
One week before arrival at camp and 48 hours before arrival at camp	Check again! You can never be too sure. Recheck for nits and lice. Start treatment if needed.										
Opening Day	Come to camp lice free										

Camp Lice Policy

The Health Team will examine each camper for lice on Opening Day. If nits or lice are found:

- The camper will need to leave the program until they are lice free.

- **Campers who arrive via plane or who live more than four hours from camp, may remain at Merrowvista for treatment for a \$500 fee.** They will stay in the Health Center and their activities will be limited until they are found to be free of lice.
- Please make sure your camper is aware of this policy so they will not be surprised if they arrive with lice on Opening Day.

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 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. Nits can look like regular dandruff. To confirm which is which, try running your fingers down a strand of hair. If the white material comes off easily, it is probably dandruff, but if it stays attached it may be nits.

What To Do If You Think Your Camper Has Lice

- Contact your pediatrician for treatment advice. They may request an exam to confirm the diagnosis. All bedding, clothing, and stuffed animals must be washed and dried at high heat.
- 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 that could hatch. Most eggs will hatch in a week, but some can survive 10 days, which is why it is so important to check early!
- A repeat treatment is usually necessary one week after the first, to kill any eggs that may have escaped the comb and subsequently hatched.

If you have further questions about this policy, we are happy to talk with you. Call Merrowvista at 603-539-6607.

If you need more information on lice, you can also review these resources from the [CDC](#) and the [National Pediculosis Association](#).