

Uku (Head Lice) Treatment and Prevention

(Demonstration)

Audience All ages - approximately 20 (Can be adjusted to accommodate more if necessary)

Goal

- 1) Participants will better understand how to treat head lice.
- 2) Participants will understand how head lice affect school.

Time Needed 60 minutes (Can easily be extended or shortened)

Materials

- Tissue or napkin
- Listerine (original)
- Funnel
- Shampoo
- Conditioner
- Plastic bottles with lids (i.e. water bottle, shampoo bottle)
- Permanent Marker
- Large plastic trash bag
- Small plastic bag
- Pillow for demonstration, with plastic zipper liner
- Uku combs
- Burner with Pot (for boiling water) or Large Rice Cooker
- Towels
- Hair pins
- Timer
- Recipe for head lice treatment
- Pre-workshop questions
- Newspaper to cover tables (optional)
- Calendar (optional)

Procedure

Set up

1. Arrange plastic bottles, Listerine, shampoo, Kleenex, uku combs, funnel on large table. This is where participants will be mixing the treatment shampoo. Cover tables with newspaper if desired, to make clean-up easier.
2. Place a chair in the front of the room for volunteer to sit for hair-washing demonstration. Have shampoo, towels, Kleenex, uku comb and hair pins ready.
3. Have pillow, large trash bag, and small trash bag available at front of the room.
4. Chart paper/Chalkboard at front of room to help facilitate discussion.
Begin to boil water.

Introduction

1. Welcome parents and explain that this will be an interactive, hands-on workshop.
2. Ask pre-workshop questions to the group as a whole, and write responses on chart.
 - *How do uku affect your child's education?*
 - *How do you treat uku?*
 - *How do you treat ukus living in the home?*
 - *How do you prevent reinfestation of uku?*
3. Explain DOE School Policy on Head Lice
 - *Children can be removed from classroom and sent home if they have head lice*
4. Emphasize the negative effect that head lice has on a child's education
 - *Head lice cause a child to miss school and child falls behind in school work. It can be hard to catch up!*
 - *Head lice can lower self-esteem, when other children tease the child with head lice.*
 - *Ultimately, the child may begin to dislike school.*

Demonstration

1. Distribute uku shampoo recipes to participants; have participant read them together.
2. Distribute uku shampoo recipes to participants; have participant read them together.
3. Mix the treatment shampoo! Instruct each participant to choose a plastic bottle. Use the permanent marker to make a line dividing the bottle in half. Explain the recipe is 1 part Listerine, to 1 part shampoo. Have them use the funnel to fill half of their bottle with Listerine, and half with shampoo.
4. Instruct participants to label their bottle (i.e Uku Shampoo; Ku Treatment, etc).
5. Ask for a volunteer. Have them sit on the chair facing the participants. over the volunteer's shoulders with a towel.
6. Using the mixed shampoo, the presenter/assistant will apply the shampoo so that it saturates the hair. After application, wrap the volunteer's head with the small plastic bag. Set timer for 10 minutes. Emphasize that hair must be covered, and shampoo must be left on for 10 minutes. While shampoo sits for 10 minutes, proceed with the following:
7. Ask participants to hand over the combs in their hair or purses, etc. Place them into the boiling water for 10 minutes. *
8. Explain:
 - Uku must be removed from household items; not only the hair!
 - All combs, clips, and rubber bands must be placed in boiling water for 10 minutes to kill the uku.
 - Clothing, caps, and linen must be washed in hot water, and dried in the sun or in a dryer. Heat kills the uku.
 - Car upholstery: Roll up windows, leave car in the sun for 2 hours.
 - Pillows, car seat cushions and sofa cushions must be taken out of protective covering, and placed into a plastic bag, which is sealed tightly. Place the bag in the sun for 2 hours. The bugs will suffocate with no air. Heat will kill them. (Using the pillow and large trash bag, demonstrate this. Be sure to demonstrate that the pillow must be taken out of the protective covering.)

9. When timer goes off, un-wrap volunteer's hair. Apply conditioner to the hair to make combing easier. Demonstrate how to comb the hair with an uku comb. Separate hair into small sections for combing, using rubber bands or hairpins. Wipe the comb with Kleenex after every stroke. Explain that it is important to wipe after every stroke, to remove uku and nits from the comb.
10. Emphasize and re-emphasize that this treatment must be done every 3 days for a total of 12 days (that's 4 times!) in order to kill all uku and nits in different stages of the hatching cycle. Use a calendar to demonstrate this point.

**** Step 6 may be offensive to some groups. An explanation rather than demonstration may be warranted here. Please use your best judgement.**

11. Rinse volunteer's hair; return combs to participants.
12. Discuss how to prevent reinfestation:
 - *Don't share combs, clips, hats*
 - *Coconut oil/baby oil to prevent uku/nits from sticking to hair shaft*
 - *Periodically check children's hair, and all other household members*

Allow time for discussion between parents and facilitator. Ask post-workshop questions:

Questions/ Topics of Discussion

- *What will you do if your child has head lice?*
- *How will you prevent reinfestation?*
- *How do you treat uku in your home?*
- *What did you like about today's presentation?*

Closing

Participants will take home recipe, uku comb, and Listerine-shampoo mixture.

Listerine /Shampoo Treatment

(non-toxic treatment)

Supplies:



Listerine Mouthwash
(Original Formula Only!)



Shampoo
(any kind)



Conditioner

1 Plastic bottle
(any size, shape)



Plastic Bag
Towel



Kleenex

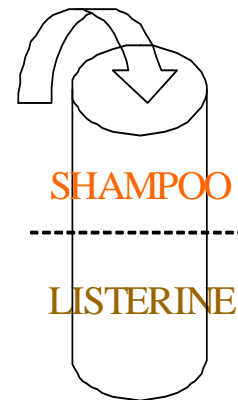


Uku Comb



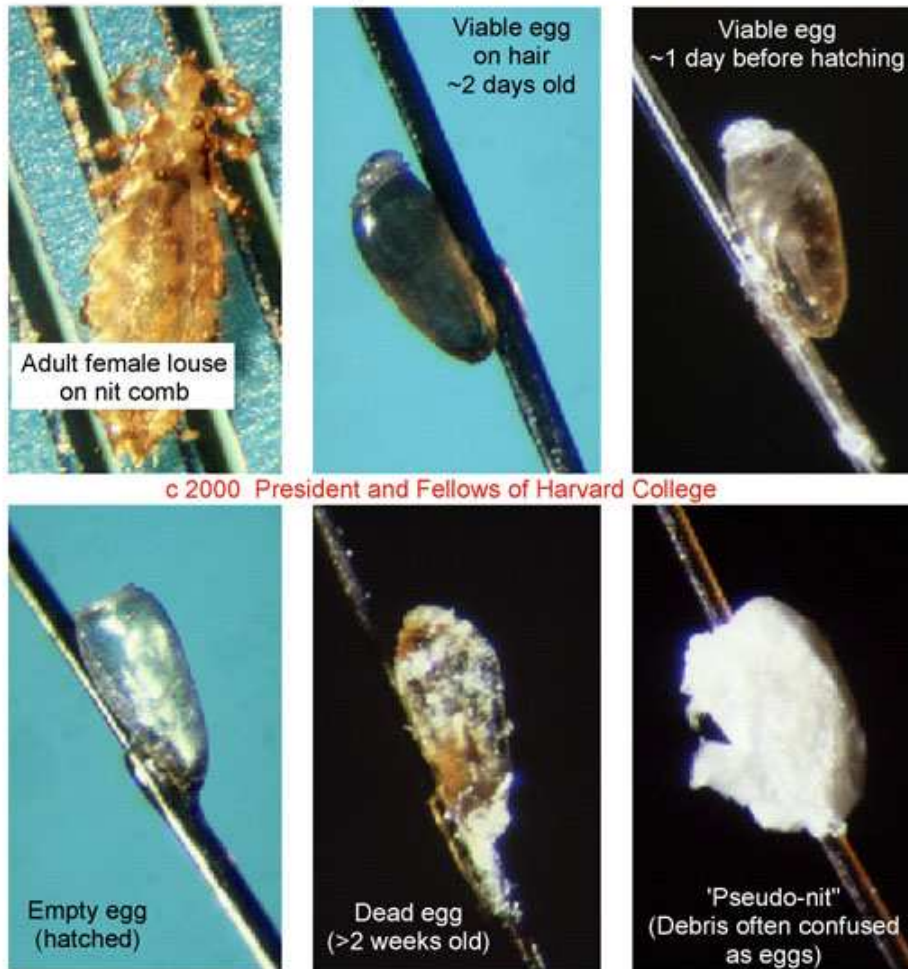
Directions:

- Using your plastic bottle, mix 1 part Listerine with 1 part shampoo. (For example, if you have an 8 oz. bottle, fill 4oz. of it with Listerine, and 4 oz. with shampoo). Shake well.
- Apply to dry hair. Do not get into the eyes.
- Wrap all of the hair in a plastic bag for 10 minutes.
- Rinse the Listerine mixture out of the hair.
- Towel dry the hair, and wrap the towel around the child's shoulders.
- Generously apply conditioner to the hair.
- Leave conditioner in the hair. Use the uku comb on small sections of hair at a time. **BE SURE TO USE KLEENEX TO THE COMB CLEAN AFTER EVERY STROKE.** Remove nits by hand. Comb all sections of the hair.
- Rinse conditioner out of hair. Wash towels in hot water with detergent, then dry in dryer or the sun. Place combs and hair pins in boiling water for 10 minutes. **DO NOT SHARE COMBS OR TOWELS WITH ANYONE.**
- Repeat hair treatment every three days for twelve days, and it will continually kill the live ukus as they are hatching.



Images to assist in the identification of head lice and their eggs.

<http://www.hsph.harvard.edu/headlice.html>



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