

## Resources and References

Identify Us

<https://identifyus.com/idmybug/head-lice/index.html>

Center for Disease Control and Prevention-

<http://www.cdc.gov/parasites/lice/head/schools.html>

American Academy of Pediatrics-

<http://www.aap.org>

National Association of School Nurses-

<http://www.nasn.org>

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### Head Lice Facts You Should Know!

1. Head lice have been around since the beginning of recorded time.
2. Head lice do not come from the dirt or air or spontaneous generation. Head lice come from other head lice, just like every other species.
3. Head lice are contracted by head-to-head contact with an infested person or through contact with that person's belongings.
4. Pets do not transmit head lice to humans or vice versa.
5. Nits (lice eggs) are attached to one side of a hair shaft at an angle. Nits are usually white to light grey in color and do not come off easily. Tip - if it crumbles in your fingers, it is probably not a nit.
6. Head lice like clean, healthy heads the best!
7. If you have been exposed to head lice, check your head every few days for 3-4 weeks to make sure you are not infested.
8. The Centers for Disease Control recommend against using any lice sprays because of the danger to small pets and children.
9. Manual nit picking is a necessary part of any lice treatment program.
10. Do not go crazy cleaning your house. Clean once and then concentrate on heads.
11. Please inform the school, and/or daycare and parents of your child's playmates if you discover head lice on your child.
12. Head lice are not dangerous and can be eliminated if you stay informed and are persistent.

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# OH NO!

## Your Child and Head Lice (There's No Need to Panic)



Head lice are a common problem among school-age children. Head lice have nothing to do with cleanliness or parenting skills. Head lice are spread mostly by direct head-to-head contact. The sharing of hats, combs and other hair accessories may also spread head lice, but this is rare.

If live head lice are found, it is important to treat your child before he/she returns to school. Check with your child's healthcare provider for current treatment recommendations. If infested, please begin treatment immediately and send your child back to school the next day.

## How to treat head lice:

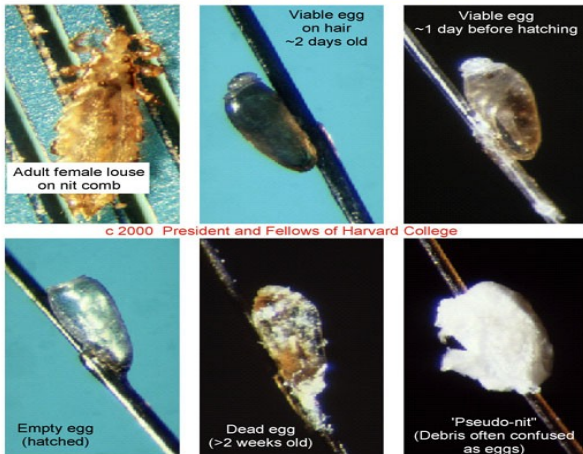
- Head lice should be treated with shampoos specifically labeled for head lice.
- Read and follow the label directions carefully and specifically. This is very important. Parents should use caution when dealing with any insecticide, particularly on children.
- If the package directions indicate, apply a second treatment in 7-10 days to kill lice that hatch after the initial treatment.
- Pediculicides do not remove the eggs from the hair.
- You should not treat anyone who does not have live lice (or nits close to the head) and do not use these products as a prevention method to avoid lice.
- Combing with a nit comb and manual nit picking will help further reduce the number of live lice and nits on the hair.



Sharing hats, combs and hair accessories should be avoided.

**Do not apply any insecticide or other chemical** not specifically labeled for treating head lice on people. Well-intentioned parents, treating their children with toxic or flammable substances, have caused deaths and poisonings.

Images to assist in the identification of head lice and their eggs.  
<http://www.hsph.harvard.edu/headlice.html>



## Remove head lice

### and nits:

**After chemical application it is important to comb the hair.**

- Use a fine-toothed louse or nit comb. These combs may be included within the packages of chemical treatment or you may buy one from most drug stores or pet supply stores. Combs with metal teeth spaced close together seem to work best.
- Hair should be cleaned and well-combed or brushed to remove tangles before using a louse comb. Clean the louse comb frequently to remove any caught lice or eggs. Some parents report that water, vegetable oils or hair conditioners help lubricate the hair and ease combing; others report that these make it more difficult to see the eggs.
- Sit behind your child, use a bright light (and magnification if needed), to inspect and comb through the hair, one small section at a time.
- Comb daily until no live lice or eggs are discovered for two weeks. It may take several hours each night for several nights to tackle the problem. An entertaining video may help to keep the child occupied during this time.
- Adult, female lice, cement eggs to the base of a hair shaft, near the skin. As the hair grows, eggs are moved away from the scalp. Eggs more than 1/4 inch from the scalp are nearly always hatched and do not mean live lice are present. It is still important however, to try to remove all eggs.
- Combs, brushes, hats and other hair accessories in contact with an infested person should be washed in hot water to dislodge any lice or nits.



## Alternative treatment:

- Other products such as essential oils, food oils, salts, enzymes, mayonnaise, etc., have not been studied sufficiently to determine their effectiveness.
- Hand-held hair dryers may kill lice and their eggs. Because it is easy to burn the hair and scalp, this method is not recommended.

## Treatment of clothes:

- A clothes dryer set at high heat or a hot pressing iron will kill lice and their eggs on pillowcases, sheets, nightclothes, towels and similar items your child has been in contact with in the past 2 days.

**Freezing:** Lice and their eggs on objects (e.g. toys) may be killed by freezing temperatures. Objects that cannot be put in a clothes dryer may be placed in a freezer (or outdoors if sufficiently cold) for several days. This treatment is rarely required.

**Haircuts:** Short hair is more readily searched for lice and eggs, but does not prevent the child from getting head lice.

## Cleaning house or car:

- Lice off the head usually die within a day and the eggs generally cannot live much longer. **Vacuuming the house is recommended**, however, a major cleaning effort will do little to eliminate head lice.
- **Using insecticide sprays for the home, in vehicles, or on carpets and furniture are not needed and unnecessarily expose family members to insecticides.**

If you have any further questions or concerns, please feel free to contact me: