

## HEAD LICE INFORMATION

<b>How Are Lice Spread:</b>	<ul style="list-style-type: none"> <li>● Head to head contact or contact with infested person's personal items (brushes, combs, hats, unwashed clothes, linens, hair accessories)</li> <li>● Wearing hat, scarf, coat, or other clothing item that has live lice on it</li> <li>● Putting head on upholstery that has live lice on it</li> </ul>
<b>Who Should Be Checked:</b>	<ul style="list-style-type: none"> <li>● Each person living in the household</li> <li>● Pets do not get lice or spread lice</li> </ul>
<b>Where To Look:</b>	<ul style="list-style-type: none"> <li>● Where it itches (person may feel itching caused by reaction to louse's saliva and feces). Many children have no symptoms.</li> <li>● At the nape of the neck (may see reddened skin or sores to scalp where adult lice bite skin with claws or may see swollen lymph nodes in the front and back of the neck)</li> <li>● Around and above the ears</li> <li>● At the crown of the head</li> <li>● Then through the entire head from top to bottom</li> </ul>
<b>What to Look For:</b>	<ul style="list-style-type: none"> <li>● Live lice</li> <li>● Nits (lice eggs)</li> </ul>
<b>What do Lice Look Like:</b>	<ul style="list-style-type: none"> <li>● About the size of a sesame seed</li> <li>● Clear tan to dark red-brown in color</li> <li>● Six legs, with claws at the ends</li> <li>● Lice do not have wings-they can't fly or jump</li> </ul>
<b>What Do Lice Eggs (nits) Look Like:</b>	<ul style="list-style-type: none"> <li>● About the size of a grain of sand</li> <li>● Opal or translucent in color</li> <li>● It may be hard to tell nits from other things found on the scalp. Dandruff and hair spray residue will flick off easily or blow away. Nits are firmly attached and have to be removed by pulling off hair shaft.</li> </ul>
<b>How do Lice Move:</b>	<ul style="list-style-type: none"> <li>● Lice can crawl very fast from light</li> <li>● Nits do not move. They are firmly attached to the hair shaft.</li> </ul>
<b>How Can Lice Be Found:</b>  <b>How to Get Rid of Lice and Eggs: (Treatment)</b>	<ul style="list-style-type: none"> <li>● Look using 60 watt bright light, sun light or flashlight and magnifying glass, if needed</li> <li>● Use disposable sticks(pencil, toothpick, etc) to part hair</li> <li>● Treat hair with over the counter medicated shampoo or cream rinse containing permethrin 1% (Nix), pyrethrins plus piperonyl butoxide(Rid) or products by prescription only: lindane (Kwell), malathion, or permethrin 5% (Elimite). Contact your physician for recommendations on which product will be best for you. Follow the directions on the packaging.</li> <li>● Treat in well lit area, sunshine if possible. Protect the eyes from chemicals with dry cloth.</li> <li>● After shampoo treatment, remove all nits or live lice seen by using fingernails, metal lice comb, pet flea comb, or blunt scissors to snip out nits. Divide hair into 6-8 sections using clips so you can more easily go through the entire head. Chemical treatments only kill adult lice and nymphs</li> </ul>

preventing the spread of head lice to other people. **YOU MUST REMOVE ALL NITS TO PREVENT LICE FROM SPREADING**

- Inspect hair daily for next 2 weeks and remove any nits or lice found. ***IT IS VERY IMPORTANT TO CHECK THE HAIR DAILY FOR 2 WEEKS AND REMOVE ANY NITS OR LICE SEEN BECAUSE NITS (LICE EGGS) TAKE 7-10 DAYS TO HATCH.*** Nits off the head may not even hatch because they are laid close to the scalp and need human warmth to incubate. A nit hatching off the head results into a tiny nymph head louse which without a human blood source cannot survive for more than 24 hours. Head lice can survive on a human host for approximately 30 days. A female louse lays 3-5 eggs daily, those eggs hatch 7-10 days later and it takes another 7-10 days for that louse to mature and lay their own eggs.
- Use olive oil, mayonnaise, coconut oil, with hair in shower cap for 6-8 hours to more easily remove nits after first chemical treatment.
- Water/vinegar mixture can also help loosen nits from hair
- If live lice or nits are found after seven days, repeat treatment as before. If lice present after 2 treatments, contact physician.
- Wash linens, all clothing, towels, pillows (or replace with new ones), and headgear in washing machine in hot water and dry them on hot cycle for at least 20 minutes
- Dry clean non washables
- Vacuum rugs, carpets, furniture, mattresses, and car upholstery. Dispose of the vacuum cleaner bag after use.
- Disinfect personal hair combs, brushes and accessories by soaking in hot water (above 130 degrees F) for at least 20 minutes or place in hosiery bag and run through sanitize setting on dishwasher. Place on top rack.
- Place stuffed toys, bike helmets, baseball caps, items that cannot be washed, or items you can do without in garbage bag and seal for at least 2 weeks
- Wipe down furniture that has smooth surface such as leather
- After chemical treatment
- After all nits and lice that are seen are removed
- Student should be checked by school nurse first day after returning to school. If lice (live bugs) are found, these must be removed before student can return to school. If nits are found, it is recommended that parents remove the remaining nits by the above mentioned olive oil, mayonnaise, coconut oil, or water/vinegar treatment to help easily remove the nits.

**What to Clean to Remove Nits or Lice:**

**When to Return to School:**