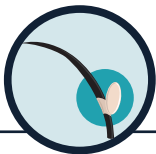


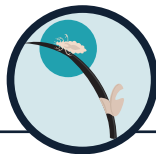
# Head Lice



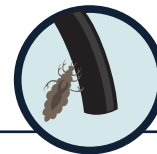
Head lice are tiny insects that live on the skin covering the top of your head (scalp), but may also be found in the eyebrows and eyelashes. Head lice move by crawling; they cannot hop or fly. They do not transmit disease and are not considered a health hazard.



**Nits (lice eggs)** cannot hatch and usually die within a week if they are not kept at the same temperature as those found close to the scalp. Nits take about 6-9 days to hatch into nymphs.



**Nymphs (young lice)** look similar to adult lice but are very small (size of a pinhead); they take about seven days to mature into adult lice.



**Adult lice** can live on a person's head for about 30 days, but die within two days if they are removed from a person and cannot feed. Adult female head lice are usually larger than males and can lay about six eggs each day.

## SYMPTOMS

People with head lice may not have symptoms, particularly with a first infestation or if only a smaller amount of lice present. Itching (pruritus) is the most common symptom of head lice infestation. It is caused by an allergic reaction to louse bites. It may take 4-6 weeks for itching to appear the first time a person has head lice. Other symptoms may include:

- Tickling feeling or a sensation of something moving in the hair
- Irritability and sleeplessness
- Sores on the head caused by scratching, which can sometimes become infected

## CAUSE & TRANSMISSION

Lice is spread by close contact with other people. The most common way to get head lice is by head-to-head contact with a person who already has head lice. This type of contact is common among children playing, during group activities, or at home.

## PREVENTION

Avoid head-to-head, or hair-to-hair contact during play and other activities at home, school, and elsewhere, such as sports activities, playground, slumber parties, camp, etc.

- Do not share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes
- Do not share combs, brushes, or towels

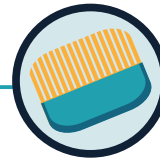
## TREATMENT

You can treat head lice with medications that are either over-the-counter or by prescription.

Some medicines kill lice and eggs; re-treatment is usually not required for these. Other medicines kill lice but are not effective at killing eggs, so re-treatment is recommended.

Medications are generally safe and effective when used correctly. Some medications may cause itching or a mild burning sensation.

- Do not use a combination shampoo/conditioner, or conditioner, before using lice medicine
- Do not rewash the hair for 1-2 days after removing the lice medicine
- Consult your health care provider before treating young children



## HOW TO USE A LICE COMB

After treatment, check hair and remove nits and lice with lice comb every 2-3 days, for the next 2-3 weeks:

- **Wet Combing:** Wetting the hair and applying conditioner slows down lice and makes it easier to find and remove them.
- **Sectioning:** Divide the hair into four or more sections so no areas are missed. Comb each section multiple times from different angles (top, bottom, left, right).
- **Technique:** Start with the comb as close to the scalp as possible (lice are usually found there). Comb firmly through to the ends.
- **Cleaning:** Wipe the comb on a paper towel or rinse it in a bowl of water after every pass to avoid re-depositing lice.

## CLEANING YOUR HOME



### WASH AND DRY

Wash bedding, clothing, and hats used in the last 48 hours in hot water with detergent and dry on high heat.



### SOAK ITEMS

Soak combs, brushes, and hair accessories in hot water for 5-10 minutes.



### SEAL NON-WASHABLES

Items that can not be washed including stuffed animals can be sealed in a plastic bag for 2 weeks.



### VACUUM

Vacuum carpets, rugs, car seats, and furniture where the person came into contact with fabrics.