

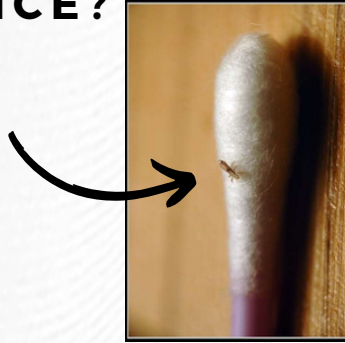
HEAD LICE

A Caregiver's Guide



WHAT ARE HEAD LICE?

Head lice are very small insects that feed on blood from the scalp. Head lice are common among school-aged children, do not pose a significant health hazard, and are not known to spread disease.



HOW DOES IT SPREAD?

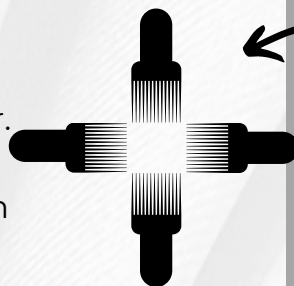
Head-to-head contact and sometimes when sharing combs, hats, hair clips, clothing, scarves, or other personal items. Lice do NOT jump or fly.

HOW CAN I GET RID OF HEAD LICE?

The best way to get rid of the lice is to comb your child's hair every day with a nit comb for two weeks. Nit combs should be metal (not plastic) and have long teeth.



Along with the combing method, there are FDA approved pediculicides (special medicated shampoo) that you can obtain over-the-counter or with a prescription from a healthcare provider. There are also natural products containing essential oils that have been used. However, the alternative approaches are not FDA approved. If you have questions or concerns on what treatment is right for your child, please contact your healthcare provider for recommendations.



SIGNS AND SYMPTOMS

- Live and/or dead lice in the hair
- Nits on hair shafts
- Itchy, sore scalp
- A rash around the neck and ears



STEP-BY-STEP

- 1 After using the lice shampoo, part wet hair into small sections.
- 2 Comb each section of hair from roots to tip using a metal nit comb. Keep track of the hair you have combed by pinning it away from the other sections of hair.
- 3 Start the comb flat against the scalp and draw comb through the hair from root to ends. Comb each small section four times (once in each direction), or more if you continue to see lice and/or nits being removed.
- 4 Wipe or rinse the comb after every comb through. It is easier to identify lice and eggs in a brightly lit room or using natural sunlight. A magnifier is very helpful



RESOURCES



Healthy Children

CDC



YouTube video of combing method 2:35-5:57

*Disclaimer: This resource isn't intended to promote any one product. With whatever product you choose, make sure to follow product instructions carefully.

WHAT ELSE CAN I DO?

Wash all clothing and bedding used in the two days prior to treatment in hot water for at least 10 minutes, and dry on high heat in a dryer for at least 30 minutes.



Clothing and other articles (i.e. stuffed animals) that cannot be washed can be dry cleaned, put in the dryer on high heat for 15 minutes, or sealed in a plastic bag and stored for two weeks.

Disinfect combs and brushes used by an infested person by soaking them in hot water (at least 130°F) for 5-10 minutes.



Vacuum areas, such as, carpets, rugs, mattresses, cloth car seats, and furniture where your child sat or laid down.



Do not use fumigant sprays or fogs in the home or on a person. They are not necessary to control head lice and can be toxic if inhaled or absorbed through the skin.



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DANDRUFF OR NITS (LICE EGGS)?

Try to flick or pull off the white speck from hair. Dandruff is easily pulled off, but nits are not. The nits are glued to the hair shaft and must be pulled all the way to the end of the strand to be removed. If you are still not sure, contact your healthcare provider or your school nurse for confirmation.

TREATMENT REMINDERS

- Permethrin or pyrethrin are the active ingredients in most over-the-counter head lice treatments.
- Follow the instructions provided with the packaging carefully. Do not leave the product on for any longer than what the directions say. There will be instructions included regarding pre and post washing of the hair following treatment.
- Check everyone in the household for signs of lice. Only treat those who have head lice; however, you can preventatively treat persons who share the same bed with actively-infested individuals.
- Use the entire treatment; do not split product between multiple people.
- After treatment, continue to remove lice and nits daily with a metal comb for two weeks.
- A second treatment is recommended 7-10 days after initial treatment.
- One week after the second treatment, do a final check to see if there are any new nits close to the scalp.

DISCLAIMER

This brochure is for informational purposes only and is not meant to be used for self-diagnosis or as a substitute for a consultation with your healthcare provider.

For more information, call your healthcare provider or call Mineral County Health Department at (406) 822-3564.