

## What are Head Lice?

- Gray or brown wingless insects about the size of sesame seed.
- Lice do not jump or fly, but they move quickly and may be difficult to spot.
- Lice can survive off the head, at room temperature for 1 to 2 days.

## What are Nits?

- Nits are the eggs laid by head lice.
- Nits are yellow to white in color.
- They are tightly glued to single hairs close to the scalp, especially just above the neck and behind the ears.
- Nits can survive on clothing for up to 2 weeks.

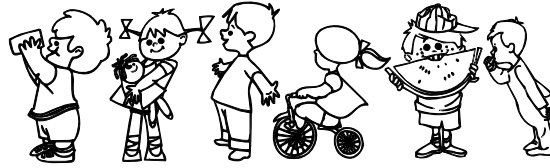
## What are the symptoms?

Some symptoms are:

- Itching of the scalp.
- Tiny red bite marks on the scalp.

## How can you avoid getting head lice?

- Avoid head to head touching.
- **Do Not** share items such as hats, scarves, coats, combs or brushes, towels, pillows and naptime blankets or head phones
- **DO NOT** share beds when someone in your home has head lice.
- Students should have their own coat hook or locker at school and in the gym.
- Check your child daily for nits and lice if they have friends or classmates with head lice.



## What is the treatment for head lice?

Getting rid of head lice is a 3-part process

- Cleaning
- Hair treatment for all household members who have head lice.
- Picking **all** of the nits from the hair.

### Cleaning

**Wash** the following items in **HOT WATER** (hottest allowable for the fabric) and dry in a **HOT DRYER** for at least 20 minutes:

- ALL recently worn clothing, jackets, hats, and hair scrunchies.
- All bed linens including blankets, comforters, spreads and mattress pads.
- Stuffed animals.

### Non-washable items can be:

- Dry cleaned
- Dried in a **HOT** dryer for **20 minutes**
- Stored in a tightly closed plastic bag for two weeks.

### Clean the following items:

- Vacuum mattresses, upholstered furniture, rugs, stuffed animals, and car interiors.
- Soak all combs and brushes for one hour in rubbing alcohol, Lysol, or wash with soap and hot (130 degrees F) water.

**Avoid use of lice sprays.**

## Before Using the Hair Treatment

**Contact your health care provider if the person being treated is:**

- Is pregnant or breast-feeding.
- Is under the age of two years.
- Has allergies, asthma or other medical conditions.
- Has used a lice product within the past seven days.

### Hair Treatment

**The head lice shampoos and cream rinses are pesticides and should be kept out of the reach of children.**

**Read and follow the product directions carefully.**

- **SHAMPOO** first with a detergent shampoo (such as Prell or Neutrogena) that does not have oils, scents or conditioner.  
**Liquid** dish soap works too.
- **TOWEL DRY** hair.
- **APPLY** a head lice treatment (for example, Nix) over a sink. **DO NOT** apply in the tub or shower. Extra long hair may require two bottles to fully wet the hair.
- **REMOVE** the product according to the package directions.
- **DO NOT leave it on the hair longer than 10 minutes.**
- **TOWEL DRY HAIR** with a clean towel then remove the nits.
- Do not rewash hair for 1-2 days after treatment.
- Malathion (Ovide) is a prescription treatment for head lice. Ask your doctor if other treatments have not worked.

## Nit Removal

Nit removal may take several hours, but it is the **MOST IMPORTANT** step!

- Use good lighting.
- While hair is still wet, comb it completely and divide into small sections.
- Remove ALL NITS with a metal lice comb or your fingernails. Or clip hair strand between the scalp and the nit.

## During the week after treatment:

- Vacuum floors and furniture DAILY.
- Recheck the head of each affected person at least daily. Remove any live lice or nits found and clean your living space again.
- Do not reuse the head lice treatment until 7 days have passed.

## After the first week:

- Repeat the lice shampoo or cream rinse 7-10 days after the first treatment
- Check heads daily for lice during the next 2-4 weeks.

## Do Not Use:

- Lice products more often than is recommended on the package.
- KEROSENE, GASOLINE OR ANIMAL PESTICIDES.
- Flea bombs or sprays. They are NOT effective, and can cause serious health problems.
- **Pets do not carry head lice.**
- **There is no scientific proof that mayonnaise or olive oil "suffocates" the nits and lice.**

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### If you have questions, call:



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# Prevent Head Lice

