

General Information on Head Lice (Pediculosis)

Before returning to school, students must be checked at the school by a principal designee, school health aide or school nurse.

If you have questions, please call 967-3520.

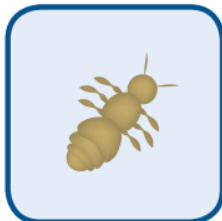
Who gets it?...

- Every year 6-12 million children get lice
- Anyone can get lice regardless of personal hygiene

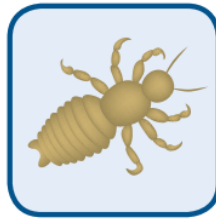
What do they look like?...



NIT



Nymph



Full-Grown Louse

Fast Facts

- An estimated 6 to 12 million lice infestations occur each year among children 3 to 11 years of age
- Head lice often infest people with good hygiene
- Head lice move by crawling; they cannot jump or fly
- Head lice do not transmit disease, but they do spread easily

How do they travel?...

- Lice do NOT jump, hop or fly but do move quickly and avoid light
- They crawl along the hair shaft using small claws

Louse Habits...

- Head lice only live on the human scalp
- Lice do not live on pets

Life Cycle...

Nits: Head Lice Eggs

- Often confused with dandruff or hair spray droplets
- Laid by adult female and are cemented at the base of the hair shaft nearest the scalp
- Nits take about 1 week to hatch

Nymphs

- The Nit hatches to release a nymph
- Nymphs become adult lice about 7 days after hatching

Adult Lice

- The adult lice is about the size of a sesame seed
- Females can lay up to 8 Nits per day and between 200-300 in their lifespan
- Adult lice can live up to 2 days without a human host

How do you get it?...

- Usually spread through close personal, head to head contact with someone who has lice
- Sharing combs, brushes, hats, sleeping bags, pillows can transmit lice
- Can also be transmitted by sitting in a vehicle that an infected person sat in, trying on clothes, sleepovers and contact sports

What to look for...

- Itching is the most common symptom
- Close inspection of hair and scalp with a strong light and magnifying glass may help identify adult lice and nits
- Nits may appear as tiny yellowish white or grayish white eggs shaped like a tear drop

I see one...now what? ...

- Check all members of the family for lice or nits
- Inform school and parents of others in contact with your child
- Experts recommend treating the whole family whether they have lice or not

Treatment ...

- Use medicated lice shampoos or alternative non-medicated treatments such as Cetaphil
- No lice shampoo or alternative treatment is 100% effective against lice and eggs
- Some medicated lice shampoos can be bought over the counter or from a pharmacy with a prescription
- Apply lice treatment, following directions EXACTLY.
- Do not use conditioner after medicated shampoo treatment
- DO NOT re-wash hair for 1-2 days after medicated treatment
- Retreat in 7-10 days
- Remove ALL dead lice and nits to prevent them from hatching and re-infecting the child again

Cleaning ...

- Boil combs, brushes and hair accessories in hot water.
- Launder sheets, pillow cases, clothing, and blankets in hot water (130 degrees or warmer) or hot dry for 20 min
- Bag all stuffed animals for 2 weeks
- Vacuum carpets, furniture, mattresses, car upholstery and any children's car seats
- Do not use fumigant sprays; they can be toxic if inhaled or absorbed through the skin.

Finally ...

- Children may return to school when initial treatment is complete and they are free of live lice.

Disclaimer: This information is not intended to be a substitute for professional medical advice. It is provided for educational purposes only. You assume full responsibility for how you choose to use this information.

References and Resources

National Association of School Nurses: Head Lice 101

http://www.nasn.org/portals/0/resources/HFLL_101_parents_2015.pdf

Centers for Disease Control and Prevention:

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