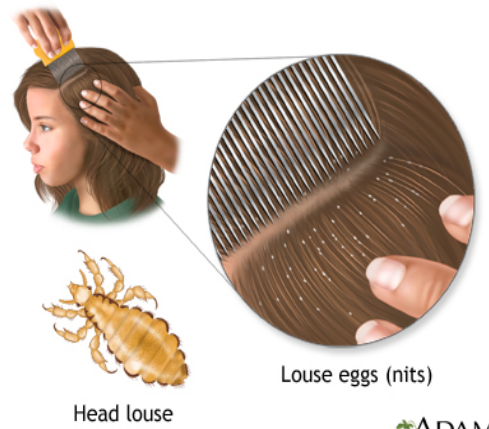


HEAD LICE



Head louse

Louse eggs (nits)

ADAM.

- The head louse is a tiny, wingless parasitic insect that lives among human hairs and feeds on tiny amounts of blood drawn from the scalp.
- Though they can't fly or jump, lice have specially adapted claws that let them crawl and cling firmly to hair. They spread mainly through head-to-head contact, but sharing clothing, bed linens, combs, brushes, and hats also can pass them along.
- **WHAT TO LOOK FOR:**
 - Lice on the scalp, and their eggs (called nits) usually $\frac{1}{4}$ inch away from the scalp on the hair shaft
 - Lice are small brownish insects that are found on or close to the scalp. Nits are oval shaped grey-white colored particles firmly attached to individual hair shafts next to the scalp. (Dandruff is loose and flaky). If only nits are noticed, there is a lice problem and treatment is necessary. Adult lice are hard to see as they move quickly when exposed to light.

❖ **TREATMENT:**

- Your doctor can recommend a medicated shampoo, cream rinse, or lotion to kill the lice. These may be over-the-counter (OTC) or prescription medications, depending on what treatments have already been tried.
- Clean all personal items, bedding, clothing, jackets, hats, etc. used within 2 days before treatment by: Washing in hot water and Putting in a hot dryer for 20 minutes, Items such as stuffed toys, quilts, un-washable items, etc. may be placed in a sealed plastic bag for 2 weeks.

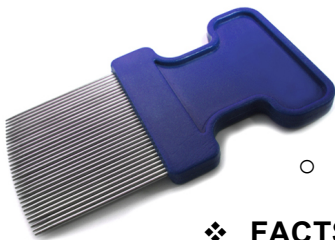
❖ **ALTERNATIVE TREATMENTS:**

- Products such as **Real Mayonnaise**, **Cooking Oil** or **Vaseline** may be used. Apply product generously to hair and scalp. Cover for 2-8 hours with a shower cap or towel. Wash hair thoroughly. Dawn dish soap will help to wash out greasy products. Remove nits with nit comb or fingers.
- **Listerine**- apply for 1 hour, rinse out then apply **white vinegar** for 1 hour. Go through hair and remove nits.

❖ **FACTS:**

- Anyone can get head lice. They are not a sign of unclean living.
- Lice cannot live on animals
- Head lice infect the head area only, including beards, eyebrows and eyelashes. Head lice do not spread diseases
- Lice live on human blood and can only live 2 days off the human body.

-Nits are difficult to remove. It is time consuming but necessary to remove all nits because it is difficult to tell if they are alive or dead. It is not necessary to cut your child's hair.



(Enlarged louse)

