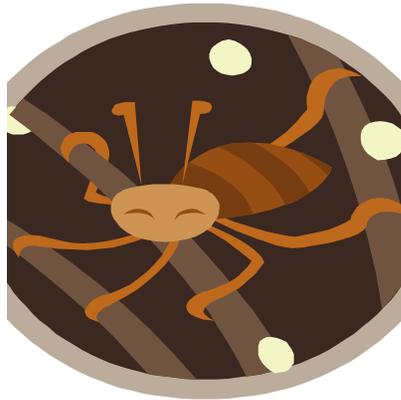




## A PARENT'S GUIDE TO HEAD LICE

Steps to identify,  
treat and prevent  
head lice.



Contact your school nurse  
for confidential assistance

### For more information:

American Academy of Pediatrics  
[http://patiented.aap.org/  
content2.aspx?aid=5512&refURL=](http://patiented.aap.org/content2.aspx?aid=5512&refURL=CDC)  
CDC [http://www.cdc.gov/  
parasites/lice/head/index.html](http://www.cdc.gov/parasites/lice/head/index.html)

Photos: Courtesy of the Centers for Disease Control and  
Prevention and Identify US

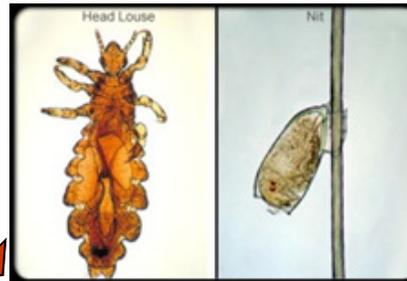
### What are head lice?



Head lice are tiny, wingless insects that only live on humans. They live in the hair close to the scalp and feed on blood. Lice glue their eggs, or "nits" to hair.

### Life cycle and development

Adult female  
lays eggs  
(nits) on hair



In about 7  
days, eggs  
hatch into  
nymphs

Adults live for  
about 1 month.  
Adult females  
can lay 6 to 10  
eggs a day.

Nymphs mature in  
to egg-laying adults  
about 7 days after  
hatching



### How do you get head lice?

Head lice are spread through direct head-to-head contact, and less often by sharing combs, hats, clothing, headphones or other personal items. They do not jump, fly or hop. Children are much more likely to get lice from family members and playmates than from classmates at school.

### What do I look for?

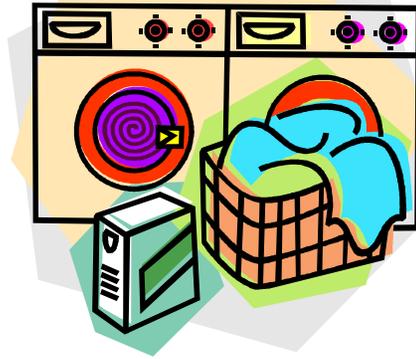
Look through the hair, especially at the back of the head and behind the ear. Lice are difficult to see because they hide and blend in with the hairs, so look for eggs which are yellowish-white and close to the scalp. **Don't confuse dandruff or dirt with eggs.** Eggs are glued on the hair and you must pinch the egg and gently slide it down the hair to remove it.



## Treatment

Head lice should be treated with a shampoo or medication specifically labeled for head lice. There are over-the-counter and prescription products available.

- Follow label directions carefully.
- Do not leave the product on for longer than recommended.
- Do not split a single box of over-the-counter lice shampoo between people.
- If using a prescription follow instructions or directions from your physician exactly.
- Make sure to retreat in 7 to 10 days. Make sure to remove eggs during this period.
- **Even after treatment, spend time each day removing eggs until all eggs are removed. Use a metal lice comb.**
- The best way to remove eggs is to part hair in small sections. As each section is combed, fasten the hair with a hair band or clip to keep track of what has been combed. It is easier to comb wet hair. Manually remove any eggs that cannot be combed out by pinching the egg and sliding off the hair.



## Household cleaning

Lice only live for a day or 2 off of a human.

- Bed linens, recently worn clothes, hats and coats should be wash in hot water. Dry in the dryer on high heat for at least 30 minutes.
- Vacuum floors, carpets, furniture and car seats.
- Combs, brushes, and hair accessories should be discarded or can be soaked in hot water with some of the lice shampoo or in rubbing alcohol for 1 hour.
- Seal items in a plastic bag for two weeks if they have been in recent contact with the infected person and cannot be washed, such as stuffed animals or pillows.



## Early detection and prevention tips

There are millions of cases of lice each year in the United States, mostly among children ages 3 to 11. Some simple prevention tips along with routinely checking your child's head are the best defenses.

Inspect your child's hair and scalp frequently. You can also use a metal lice comb to screen for lice once a week. Move the hair in sections, and carefully look for eggs.

Teach your child to:

- Never share brushes, combs, hats, coats or other personal items.
- Avoid piling children's coats and hats on top of each other.
- Have your child take her own pillow to a sleepover party, and wash the pillowcase afterward.

