

Head Lice Information

What to Look For:

- Frequent head scratching
- Adult lice are reddish-brown wingless insects, about the size of a sesame seed.
- Nits (lice eggs) are grayish-white, oval shaped, and glues at an angle to the side of a hair shaft.

Basic Head Lice Facts:

- Lice are crawling insects. **They cannot fly, hop, or jump.**
- Lice need human blood to survive and cannot be given to/or contracted from house pets (dogs and cats).
- Lice do not like light.

Head lice are primarily spread by head-to-head contact. They also may be spread by sharing of personal items such as headgear (hats, headbands, "scrunchies," etc.), scarves, coats, pillows, towels, combs and brushes.

What to Do If You Find Head Lice:

- Notify your child's school/day care, and anyone who may have recently visited in your house.
- Check all family members for lice and nits.
- Consult your pharmacist or physician about lice treatment option. Commercial lice treatments contain pesticides. Always contact your physician before using a lice treatment when the person involved is very young, pregnant, nursing, has allergies, asthma, epilepsy, or other preexisting medical conditions. **ALWAYS FOLLOW PACKAGE INSTRUCTIONS CAREFULLY.**
- Do NOT treat anybody who is not infected. No treatment will prevent a person getting head lice.
- **COMB OUT ALL NITS!** None of the available commercial products will kill 100% of the nits.
- Continue to check daily for lice and nits for the next two weeks. Pick out any live lice and nits that you may find.
- Do NOT treat any more often than the lice treatment package insert or your physician/pharmacist instructs.

Care of the Environment:

- Wash all bedding and recently worn clothing in hot, soapy water and dry in a hot dryer.
- Soak combs and brushes in hot water for 10 minutes.

- Vacuum carpets, upholstered furniture, stuffed animals, and car seats. **The National Pediculosis Association DOES NOT recommend the use of lice sprays. They recommend vacuuming as the safest and most effective alternative to spraying.**
- Articles that cannot be washed or easily vacuumed may be stored in plastic bags for 2 weeks at room temperature to kill nits and lice that may be present on them.

Students diagnosed with head lice may return to school after they have been treated. Proof of treatment (empty lice treatment container/box or empty Robi Comb box) should be brought to school. School nursing staff will examine student for live lice. If live lice are found the student will be sent home again.