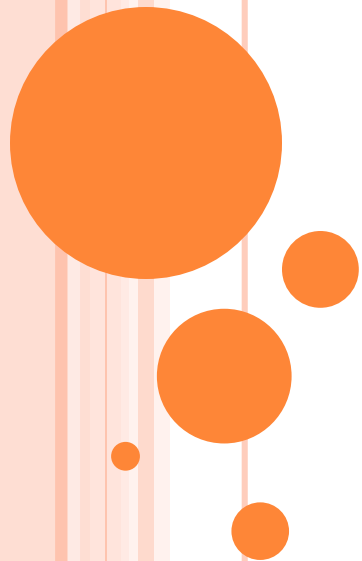




## **THE FACTS OF LICE**



## THE FACTS OF LICE

- Lice are little bugs that like to live in people's hair.
- They bite the scalp for small drops of blood
- Lice only live on people; they do not and can not live on animals



# THE FACTS OF LICE

- Lice DO NOT make people feel sick and they DO NOT cause any diseases.
- They do make the heads they live on feel VERY ITCHY.

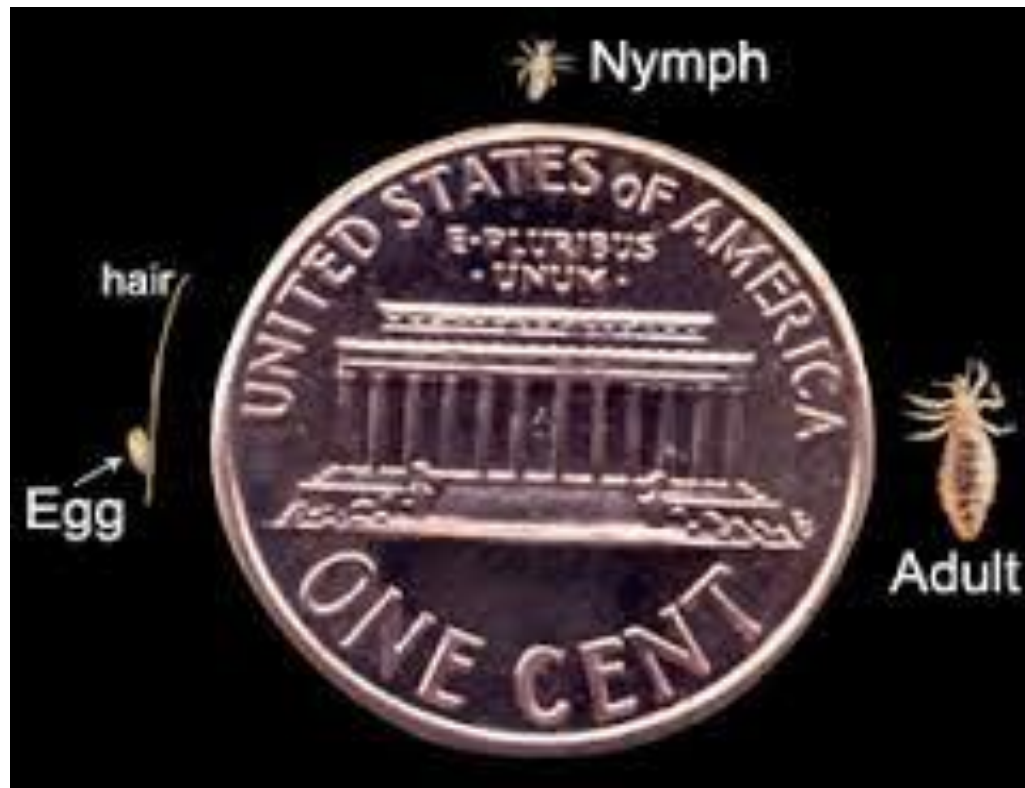


# THE FACTS OF LICE

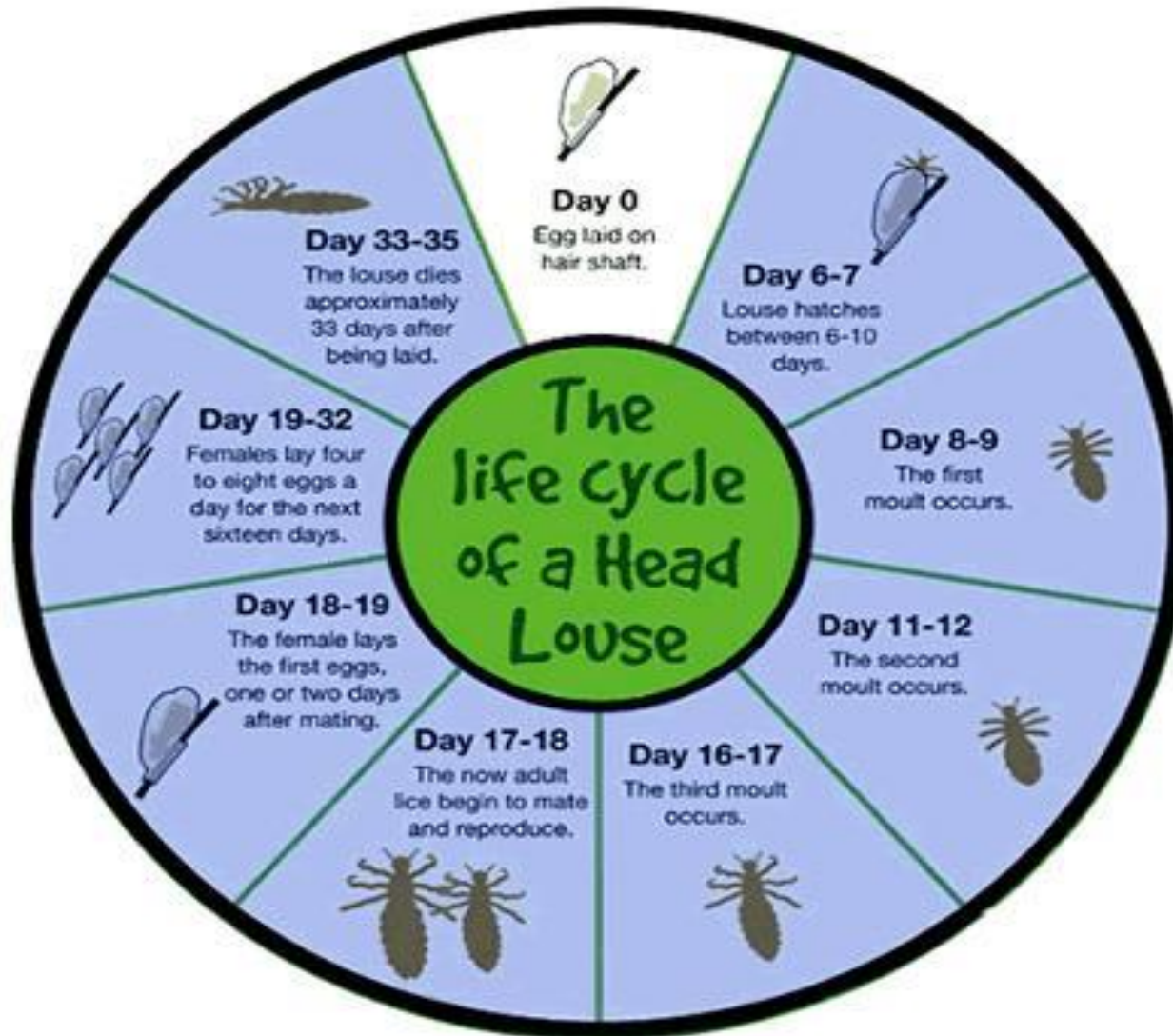
- Lice have been around for thousands and thousands of years.
- Every year in the United States, 6 –12 million people get lice.
- Lice infestations occur most commonly in children 6 –12 years old.
- Head lice can infest all people, regardless of age, race, socio-economic status or hygiene practices
- It is a myth that head lice infest dirty hair over clean hair.



# THE SIZE OF A LOUSE



# THE LIFE CYCLE OF A LOUSE



## THE FACTS OF LICE

- An adult louse can only survive about 24 hours when it is not on a head.
- Lice survive through the years because they are able to find lots of heads to live on.

What can we do to decrease the chances they find our head ???



## THE FACTS OF LICE

- Lice don't jump or hop
- Lice don't fly.
- Lice don't like to be out in the light.

How do you think lice move from one head to another ???





# STEPS TO PREVENT THE SPREAD OF LICE

- Direct-transmission or Head-to-Head contact is the most common way lice get from one head to another.



# STEPS TO PREVENT THE SPREAD OF LICE

Lice can also move from one person to another when items that touch the head are shared;

- Combs, Hairbrushes
- Hats, Jackets
- Ponytail elastics, Scrunchies, Headbands
- Pillows
- Towels
- Sleeping bags
- Headphones, Helmets

We can prevent lice from making a home on our head if we avoid sharing these things !



# STEPS TO PREVENT THE SPREAD OF LICE

- Avoid situations where you are touching heads directly with friends
- In school, make sure you hang your coat on a hook in the closet with your hat in the sleeve of your coat. There should not be a pile of coats & hats on the floor in the closet.
- Bring your own sleeping bag and pillow to sleepovers and avoid resting on friends pillows and sleeping bags



# THE FACTS OF LICE



# SIGNS AND SYMPTOMS OF HEAD LICE

- The most obvious sign that someone has head lice is the presence of nits on the hair shaft



- Female lice can lay up to 10 eggs a day. They attach each egg with a glue-like substance to a hair shaft near the scalp.



# SIGNS AND SYMPTOMS OF HEAD LICE

- Intense Itching of the scalp
- Sores on scalp or back of neck caused by scratching
- Tickling feeling of something moving in hair
- Sleeplessness – lice are most active in the darkness of night and may cause restless sleep
- OR there may be no symptoms at all



# THE TREATMENT OF HEAD LICE

## Steps to treat/remove head lice

- Use of a special shampoo to kill lice
- Manual removal of nits (lice eggs)
- Cleaning of personal items and items in the home
- Ongoing daily checks of the hair and scalp





# THE TREATMENT OF HEAD LICE

## Supplies Needed for treatment of head lice

- Shampoo treatment for Head Lice
- Fine-tooth comb  
(usually comes with shampoo)
- Time & Patience – the combing process to remove nits is slow and time consuming
- Good Light Source
- Magnifying glass (optional)
- Vinyl or Latex gloves (optional)





# THE TREATMENT OF HEAD LICE

- Complete the shampoo treatment as directed...be sure to read all instructions before beginning.
- Comb through the hair using fine-tooth comb. Comb through one section of hair at a time, removing all the lice and nits. This is a slow process but a very important process !
- Continue to inspect the entire head and use the comb daily for 2 weeks to make sure all nits are removed.



# THE TREATMENT OF HEAD LICE

- Ideally shampoo treatments should be done over a sink, rather than in the shower or bath, to limit skin exposure to the pediculicide chemical.
- Repeat shampoo treatment only as directed on package.
- Inspect all household members daily for a few weeks. Treat only those who are found to have lice.



# THE TREATMENT OF HEAD LICE

- Improper identification of nits is a common problem that can lead to unnecessary treatment and stress.
- Sometimes people mistake dandruff, dust, dried hair products, scabs or dirt for nits.
- Nits are tiny gray ovals that are **STUCK** to the hair shaft within an inch or so of the scalp – they don't flick off easily as dandruff or other debris would.

Dandruff



Nits



# THE TREATMENT OF HEAD LICE

- Head Lice Treatment Shampoos will not prevent someone from getting head lice. They should be used only on those people who are infested.
- It is important to follow label directions **CAREFULLY.**
- All safety precautions and contraindications for use listed on the product label should be observed
- No product is 100% effective in killing of all the lice and all the eggs. Nits should be removed manually after treatment with any product.



# THE TREATMENT OF HEAD LICE

- DO NOT use a pediculicidal product if :
  - \* The person has a known sensitivity to any ingredient in the product.
  - \* The child is younger than age 2.
  - \* The person has an infestation of the eyebrows or eyelashes.



# THE TREATMENT OF HEAD LICE

- The following groups of people should consult their health care provider before treating themselves or others;
  - \* Those with neurological conditions
  - \* Pregnant women or nursing mothers
  - \* Those with skin conditions such as psoriasis or open sores
  - \* Those with cancer
  - \* Those with asthma or allergies



# THE TREATMENT OF HEAD LICE

- NEVER USE ANY OF THE FOLLOWING !!

Toxic and or flammable household products such as gasoline, paint thinner, pesticides intended for use on bugs other than head lice, pesticides intended for use on animals, bleach or any other household cleaners.



# THE TREATMENT OF HEAD LICE

- What about Head Shaving or Cutting Hair to Remove Lice ?

Cutting or shaving a child's head to get rid of head lice will work, but it may come at a high emotional cost to the child and it is NOT NECESSARY





# CLEANING OF PERSONAL & HOUSEHOLD ITEMS

- Soak all family combs and brushes in hot water (130 degrees F) for at least 10 minutes or boil for 5 minutes



# CLEANING OF PERSONAL & HOUSEHOLD ITEMS

- Wash all recently worn clothing  
(clothing worn over past 2 days)  
This includes jackets and hats
- Wash all bedding
- Use Hot Soapy Water to wash then place in a dryer using high heat for at least 20 minutes



# CLEANING OF PERSONAL & HOUSEHOLD ITEMS

- Vacuum rugs, carpets, upholstered furniture, pillows, mattresses, and car seats



# CLEANING PERSONAL & HOUSEHOLD ITEMS

- The use of chemical sprays for household items is **NOT RECOMMENDED**. These sprays may be harmful to family members and pets.



# THE FACTS OF LICE

## IMPORTANT POINTS

- Remember to keep things in perspective. Head Lice are a nuisance but they do not carry any disease or cause pain or illness.
- Please notify your child's school nurse if you find lice on your child/ treat your child for head lice so she can keep an eye on classmates.
- You should notify the parents of your child's close playmates, especially those who have participated in sleepovers with your child, if you treat your child for head lice.
- Head Lice are not a sign of uncleanliness.



# THE FACTS OF LICE

## IMPORTANT POINTS

- The only exception to sharing rule is helmets.....helmets protect brains....lice don't cause any diseases or illness / lice don't kill you.
- Weigh the pros and cons.....IT'S OKAY TO SHARE HELMETS. Helmets are made of hard plastic – lice can't really latch on so it's unlikely that lice will be hiding in a helmet. Wear your baseball cap under your batting helmet if possible when playing baseball or softball. Never refuse to wear protective headgear because of fear of head lice.



# THE FACTS OF LICE

Please contact your School Nurse  
if you have any additional  
questions or concerns.



# THE FACTS OF LICE

## Resources

- National Pediculosis Association  
[www.headlice.org](http://www.headlice.org)
- American Academy of Pediatrics  
[www.aap.org/](http://www.aap.org/)
- Centers for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)
- National Association of School Nurses  
[www.nasn.org](http://www.nasn.org)
- North Dakota Department of Public Health  
[www.ndhealth.gov/head-lice](http://www.ndhealth.gov/head-lice)

