

MENOMINEE INDIAN SCHOOL DISTRICT

453.31 Exhibit (1)

BASIC INFORMATION ABOUT LICE

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Description

Skin inflammation caused by tiny parasites (lice) that live on the body or in clothing. They affect hairy areas anywhere, especially the scalp, eyebrows or genital area; skin, especially areas in which clothing is in close contact with skin, such as the shoulders, waist, genital area of buttocks.

Frequent Signs and Symptoms

- Itching and scratching, sometimes intense and usually in hair covered areas.
- Eggs ("nits") on hair shafts.
- Scalp inflammation and matted hair.
- Enlarged lymph glands at the back of the scalp or in the groin (sometimes).
- Red bite marks and hives.

Causes

Tiny (1 mm to 3 mm) parasites that bite through skin to obtain nourishment (blood). The bites cause itching and inflammation. Some lice live on skin, although they are difficult to see. Others live in clothing near skin. Eggs (nits) adhere to hairs.

Risk increases with

- Crowded living conditions.
- Family history of lice.
- Sexual intercourse with an infected person.
- Contact with an infected object such as combs, hats, clothing.
- Contact with an infected person.

Preventive Measures

- Bathe and shampoo often.
- Avoid wearing the same clothing more than a day or two.
- Change bed linens often.
- Don't share combs, brushes or hats with others.
- Careful follow up in schools and day care centers where episodes have occurred.

Expected outcomes

Usually curable with medicated creams, lotions and shampoos. Allow 5 days after treatment for symptoms to disappear. Lice often recur.

Possible Complications

Infection at the site of deep scratching.

TREATMENT

General Measures

The following measures apply to all members of the household and to any sexual partners of household members:

- Use the prescribed medicated shampoo, cream or lotion.
- Machine wash all clothing and linen in hot water. Dry in the dryer's hot-air cycle. Iron the clothing and linen, if possible. Washing removes the lice, and ironing destroys nits.
- Dry clean non-washable items or seal in a plastic bag for 10 days.
- Boil articles such as combs, curlers, hairbrushes and barrettes. Hair does not have to be shaved.
- Spray (with Lysol) or similar product) all furniture that comes in contact with infected body areas.
- For more information, contact the National Pediculosis Assn., PO Box 149, Netwon, MA 02161, (617)449-NITS.

Medications

Anti-lice (pediculicide) cream, lotion or shampoo. Apply creams or lotions to infected body parts according to instructions. To use the shampoo:

- Wet the hair. Apply 1 tablespoon of shampoo. Lather for 4 minutes, working the lather well into the scalp.
- If shampoo gets in eyes, wash out right away with water.
- Rinse hair thoroughly and towel dry. Don't use this towel again without laundering.
- Comb the hair with a fine comb dipped in hot vinegar to remove the lice. The comb must run through the hair repeatedly from the scalp outward until the hair is completely free of nits.

- A single application of shampoo is effective in more than 90% of cases. Don't use more frequently than recommended, because the shampoo may cause skin irritation or be absorbed into the body. A repeat application may be necessary in 10 to 14 days.
- If the lice infect eyelashes, they must be removed carefully by the doctor. The prescribed medications should not go into the eye or on the eyelashes. You may apply petroleum jelly to the eyelashes for 7 or 8 days after removal of the lice.

Activity

No restrictions.

Diet

No special diet.

NOTIFY OUR OFFICE IF

You, or anyone in your household has symptoms of lice, or symptoms recur after treatment.

APPROVED: May 2000

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