

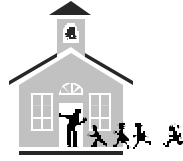
4. FOLLOWING TREATMENT

- ☞ Inform school & anyone who has come into contact with the infested person (friends, relatives, neighbors, etc.) about the problem, so they can check and, if necessary, treat themselves before they pass lice on.
- ☞ Do not wash hair, or use mousse or conditioners for 5-7 days after treatment.
- ☞ Check person thoroughly EVERY DAY for 2 weeks after treatment and comb out any nits and/or live lice found.
- ☞ Do not retreat unless dramatic increase in number of nits or live lice is seen, and only after 7-10 days.
- ☞ Remember to check all family members, 2 to 3 times per week, whether or not they are scratching.
- ☞ Remind children to avoid sharing items such as combs, brushes, hair clips, scrunches, hats, coats, scarves and head phones.

It is common to find nits in the hair even when we think we have gotten them all out. Remember the car keys on the table that we can't seem to find; they are much bigger than nits! If nits or live lice are found during the daily checks, comb them out. The live lice could be just stragglers or new ones just picked up from another source. This is the perfect time to remove them, before they have a chance to become established.

Like a mosquito bite, the saliva from the bite of the louse will cause itching in some people long after the louse is gone. That is why it is important to check heads and not depend on scratching or lack of scratching to determine if someone has lice or is lice free.

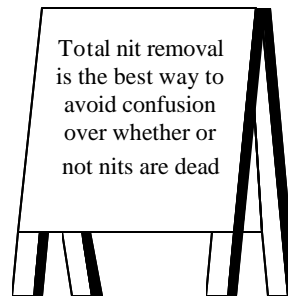
SCHOOLS AND HEAD LICE



Head lice can quickly spread through a classroom, so it is important for parents to report any cases of head lice to their child's teacher and cooperate with the school by following its lice policy.



Schools normally have either a "No Nit" policy or a "Proof of Treatment" policy. The "No Nit" policy states that no child will be readmitted to the classroom, as long as nits are present in the child's hair. The "Proof of Treatment" policy states that a child will be readmitted after showing an empty box or bottle of a lice treatment product.



Because no lice control product can kill 100% of the nits, and due to the difficulty in distinguishing between dead and viable nits, our district endorses a "No Nit" policy.

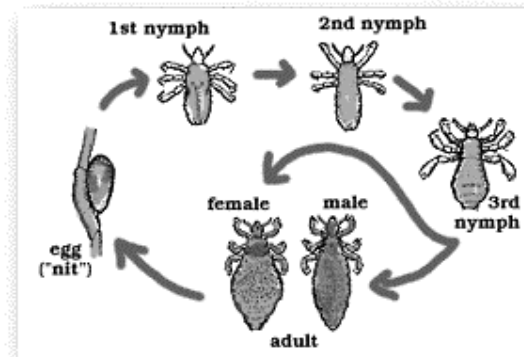
If your child's school does not have a full time nurse, you might suggest the school start a parent volunteer group to do regular head checks and help screen heads during a lice outbreak.

As in the home, area sprays are not recommended for lice control in schools. Daily vacuuming during an outbreak is the best way to control lice. Other steps the schools can take in controlling the spread of head lice are: keep coats, hats, and backpacks separated; discontinue group activities that encourage close contact or sharing of clothing (i.e., dress-up corners).

FACTS ABOUT HEAD LICE

- ☞ Adults are 2 to 3 mm long (about the size of a sesame seed) and brownish to grayish white in color.
- ☞ Lice crawl; the **do not** jump or fly
- ☞ Head lice **do not** live on pets
- ☞ Most infestations occur in children 1-12 years old
- ☞ Primary means of transmission is head to head contact
- ☞ Secondary means of transmission occurs when sharing hats, combs, clothing, etc.
- ☞ Head lice require a blood meal every 4-5 hours and die in 1 or 2 days when off the person

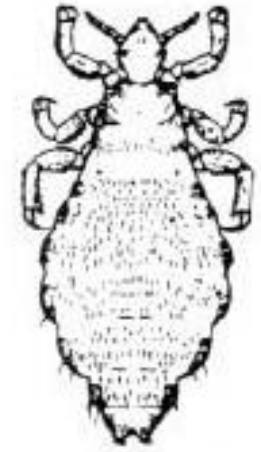
Which Came First... the Itchin' or the Egg?



(The Life-Cycle of the Head Louse)

- ☞ From 1st nymph to egg laying adult – 10 days
- ☞ Life span of adult – approx. 30 days
- ☞ Adult females lay 3-4 nits per day

CONTROL & TREATMENT OF HEAD LICE



Actual Size

For More Information Call:

County of Sacramento
Department of Health & Human Services
Epidemiology and Disease Control
7001A East Parkway, Suite 600A
Sacramento, CA 95823
(916) 875-5881

<http://www.headlice.org/>

Head lice continue to be a problem in our community. Although head lice are usually identified with young children, they can infest people of all ages and economic standing. Head to head contact or a simple exchange of hats, clothing, combs and other personal items can lead to the transmission of lice from one person to another. Head lice are contagious. If someone in your household comes home with head lice, don't panic.

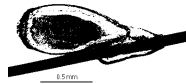
Although sometimes difficult, lice can be controlled.

1. INSPECT



Using a magnifying glass and natural light, carefully examine hair, scalp, sideburns, eyebrows, beards, and mustaches of all household members for lice and their eggs (nits).

Louse Egg Or "NIT"



Nits, which are yellowish-white in color and oval shaped can be easier to locate than lice. Nits are glued to the side of the hair shaft and can be found throughout the hair shaft and can be found throughout the hair, especially at the back of the neck, behind the ears, and at the top of the head.

Do not confuse nits with dandruff, dec plugs (which look like dandruff) or hair casts (material from the hair follicles).

Hair Casts

Unlike a nit, dandruff and dec plugs can be flicked or blown out of hair easily and hair casts can slide easily along the hair shaft.

It is important to remember that no one is immune to head lice. CHECK EVERYONE.

2. TREAT

Only infested household members should be treated and all on the same day. Based on the most current research available (see box 1) and because it does give some residual protection from re-infestation, products containing Permethrin are the products of choice for treatment.

Box 1	
EFFECTIVENESS OF PEDICULICIDES*	
Permethrin	97-99%
Lindane	45-76%
Pyrethrin	30-75%
*Taken from the Pediatric Pharmacotherapy, vol. 1, no. 8, Aug. 1995	

If you see live lice walking around after treatment, don't panic. It is not unusual to see lice moving around the head after treatments. Lice control products may take a while to kill the adult lice.

The Following Will Give You Most Effective Treatment With Permethrin

- ☞ Wash hair with a cleansing shampoo, (i.e., Prell or Johnson's Baby Shampoo), something without any type of conditioners.
- ☞ Towel Dry hair thoroughly (use a fresh towel for each stage).
- ☞ Saturate hair with product from roots to ends. Use at least 1 bottle per person. People with long, thick, or curly hair may have to use several bottles to saturate hair completely.
- ☞ Leave product on **ONLY** for time stated by manufacture (NIX, 10 min.).
- ☞ Rinse product out over sink, never in the shower. This limits exposure of pesticide to head area.
- ☞ Do not apply any conditioners, so-called nit (egg) removers or vinegar after rinsing out product. They don't work.



- ☞ Comb out **ALL** nits with a metal, fine-tooth nit comb, such as a cat flea comb or Innomed nit comb.

Separate the hair into 1-inch sections (as if you were setting pin curls), comb each section with metal nit comb, and pin back with metal hair clip. This will help you keep track of where you have already combed.

3. CLEAN THE ENVIRONMENT

Vacuuming is the most effective tool against lice in the home.



Remember to vacuum:

- Bed & mattress
- Pillows
- Base board around bed
- Couches
- Chairs
- Stuffed animals
- Helmets
- Backpacks
- Car seats
- Bike or Skate helmets

Wipe off or vacuum headphones.

Laundry washable clothing and other items used recently by infested persons in hot water. Wash bed linens, pillow cases, blankets, scarves, hair scrunches, towels, etc.

Soak all brushes and combs in hot water for 10 minutes.

Dry clean any item that cannot be machine washed or store in sealed plastic bag for 10 days.

Insect sprays (often sold with pediculicides) are not recommended.

They are ineffective and expose household members to pesticides unnecessarily.