

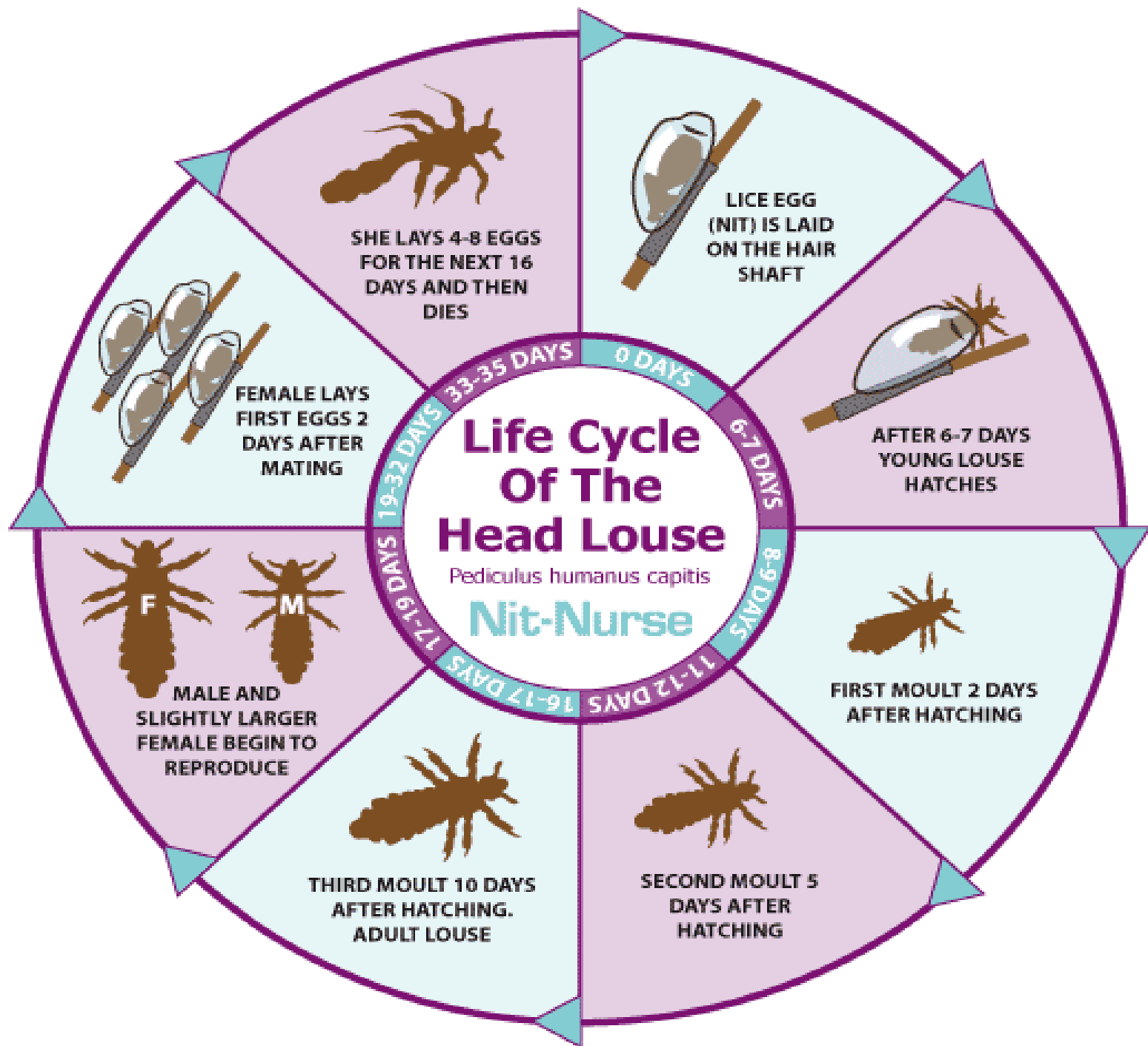
Head Lice Information

The Basics



Information

- Don't panic. Anyone- adults, children, students, teachers, nurses, can get head lice. Head lice are passed from person to person by direct contact or on shared objects such as combs, towels, headphone, etc. It has nothing to do with cleanliness. The problem can be managed but it takes some work. Clothing, personal articles and the home environment must be treated.



Stages of head lice

Images to assist in the identification of head lice and their eggs.

<http://www.hsph.harvard.edu/headlice.html>



Adult female louse
on nit comb



Viable egg
on hair
~2 days old



Viable egg
~1 day before hatching

c 2000 President and Fellows of Harvard College



Empty egg
(hatched)



Dead egg
(>2 weeks old)



'Pseudo-nit'
(Debris often confused
as eggs)

[Return to text](#)

Transmission

- Head-to-head contact is the most frequent way lice are passed from child to child because lice don't survive for long off the host



How to check -

Check hair section by section

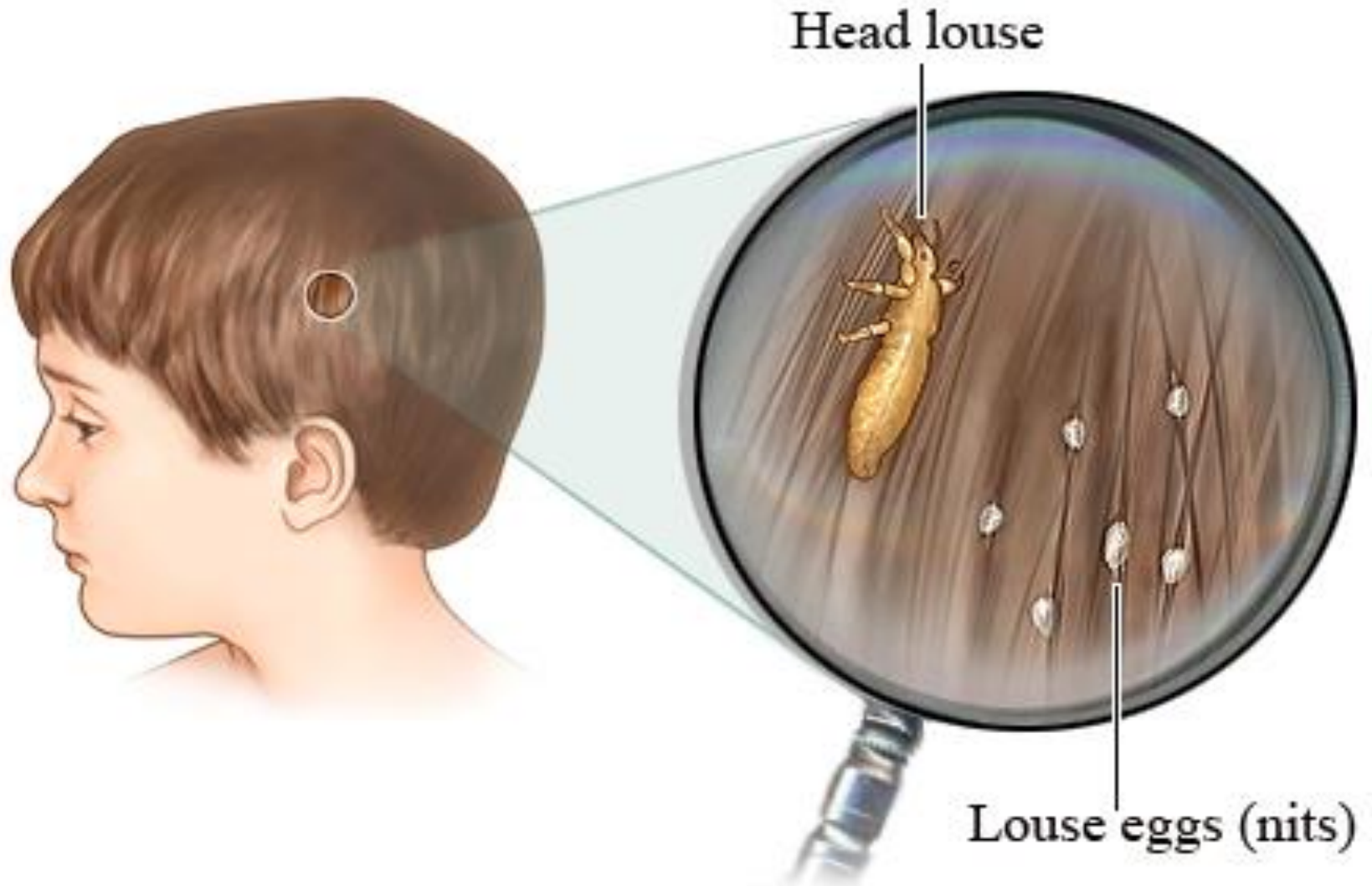
- Look for tiny white eggs (nits) on hair shafts, near the scalp especially at the nape of the neck and behind the ears.



- Head lice are small grayish-brown insects without wings. Any family member with lice or nits **MUST** be treated.



Check Everyone in family



Head Lice

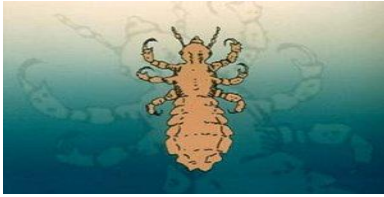
Stages of Growth



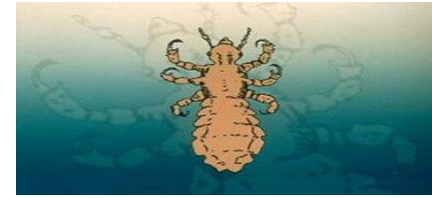
NITS – lice eggs

- Nits (the eggs of the head louse) are small yellowish-white, oval-shaped eggs.
- Nits must be laid by live lice. You cannot "catch nits."
- Nits are like "glue" sticking to hair.





Lice 101



- Head lice are crawling insects. They cannot hop, jump, or fly.
- Head lice do not thrive on pets.
- Head lice are small, wingless insects which feed on human blood. They need human blood in order to survive.
- Head lice live for approximately 30 days on a host and a female louse may lay up to 100 nits (eggs).
- Head lice off of their human hosts will starve. The NPA suggests that, in most cases, a head louse will not survive for more than 24 hours off of its human host

Head Lice Treatment



Medicated Lice Shampoo

Several medicated shampoos are available without a prescription such as NIX , RID, Clear or KLOUT.

They are found in most stores such as grocery stores, pharmacies or super stores such as Target or Walmart.



Lice Shampoo

- Several products are available without a prescription or talk to your doctor about prescription products for treatment for head lice.
- **Follow the directions on product label –**
 - You may have to apply product to dry hair
 - Use entire amount of product
 - Repeat application in 7 to 10 days
- You still must remove all nits after shampoo.



Remove all nits after shampoo



Home Remedies

- What about olive oil, Vaseline, or Cetaphil?



- Studies have shown lice cannot survive after an overnight treatment of olive oil, Vaseline, or Cetaphil

New Home Services available

- Nitpickers
- Lice Ladies of Atlanta
- Headhunters
- Family lice removal



Preventing transmission

After you treat/comb and remove lice/nits, you'll need to check your child daily for lice. Lice are so small they are easy to overlook.

If you missed just a few tiny lice or eggs/nits, the infestation will start over again.

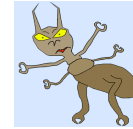


Most of the time, parents who complain their children were re-infested, never eliminated all the lice/nits with their first attempt



Vacuuming

- Vacuum carpets, pillows, mattresses and overstuffed furniture and car seats.



- It is recommended you vacuum these items instead of using insecticidal sprays.



Wash and dry all clothes, linens, towels

Use hot water to wash and a dryer on the hot cycle for at least 20 minutes.

Items not machine washable must be dry-cleaned or stored tightly sealed in a plastic bag for at least 2 weeks, including headphones, helmets, hats, etc.



Soak combs and hair brushes

- Soak in hot water, at least 130F for 120 minutes.

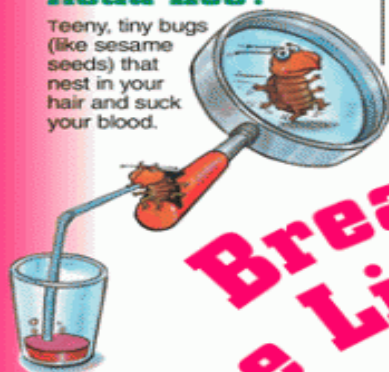


- Never share combs, brushes or hats



What are head lice?

Teeny, tiny bugs (like sesame seeds) that nest in your hair and suck your blood.



How can I tell I have lice?

If your head is real itchy, check for little beige eggs and brown bugs crawling around.

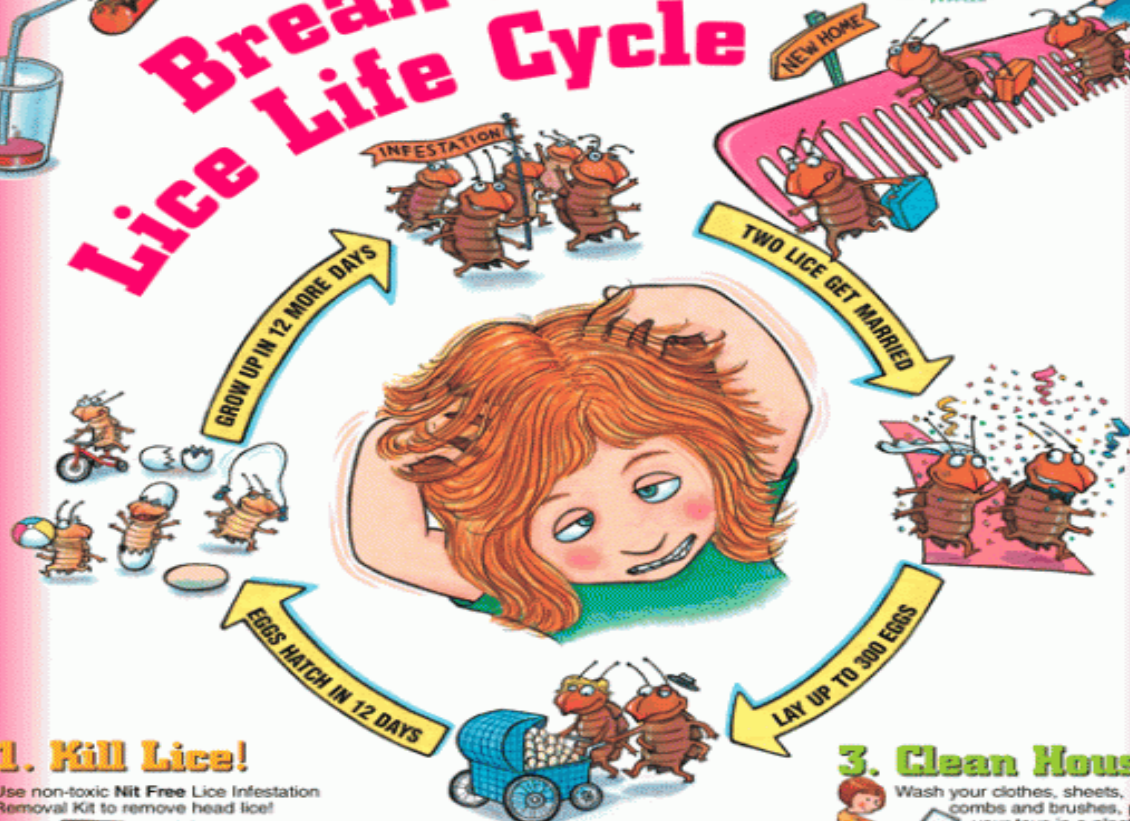


Where do lice come from?

They can't jump or fly... they crawl from one head to another, or from a comb, hat or jacket that's been shared...



Break the Lice Life Cycle



1. Kill Lice!

Use non-toxic **Nit Free** Lice Infestation Removal Kit to remove head lice!



Nit Free
800-492-4818

2. Remove Nits!

Remove all eggs. Up to 30% of lice eggs may survive standard pesticide based lice treatments. **All eggs must be removed to break the lice cycle.** Use **Neon Nits** Lice Egg locator spray to assist locating all stubborn eggs. Also, it is highly recommended to use a comb as the **Nit Free Terminator Comb** to help remove any remaining lice and nits.



3. Clean House!

Wash your clothes, sheets, combs and brushes, put your toys in a plastic bag for at least 2 weeks and vacuum.



For more information:

Neon Nits

**Lice Advice
Help Line
800-783-1919
www.NeonNits.com**

Forsyth County

School Policies for Head Lice

- FCS has a **no nit policy**.
 - If nits or lice are found- parent must take student home and treat –all lice or nits must be removed
 - Student may not ride bus back to school
 - Parent must bring student back to school
 - Student will be checked for nits or lice
 - Student must be nit and lice free to return to class. If nits or lice are present, student will not be allowed to return to class

Student will be checked upon return to school before entering classroom



Attendance Policy

- Only 2 days absences will be counted as excused for head lice treatment. Additional days missed will be marked as unexcused.
- Once the student is free from head lice and nits, the school will recheck the student in 7 to 10 days.

Don't Despair

- Lice have been around as long as people have walked to earth. Nits combs have been found in ancient Egyptian tombs.
- Some cases clear up with one scalp and house treatment but sometimes it takes multiple treatments.
- Remember to inform your child's playmates or daycare so they can check. You'd be surprised how many others have had to deal with this issue.

HEAD LICE

How to avoid head lice:

- Do not share combs or brushes
- Do not share hats
- Be vigilant for head lice
 - * especially after sleepovers.
- Remember, head lice do not jump or fly.

