

HEAD LICE

SIGNS & SYMPTOMS



LIVE LICE



ITCHY SCALP



SORES FROM
SCRATCHING



IRRITABILITY



DIFFICULTY
SLEEPING

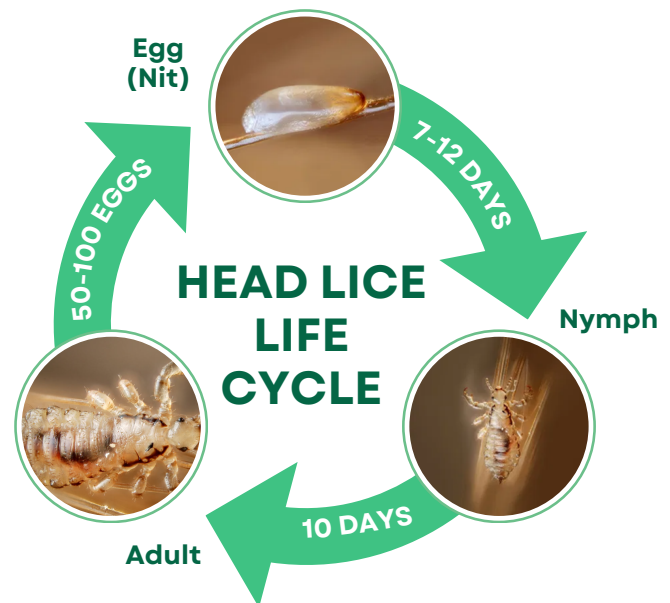
Head lice are tiny parasitic insects that survive by feeding on human blood and are most commonly found on the scalp, behind the ears and near the neckline at the back of the neck. They can lay up to ten eggs (nits) a day that attach to strands of hair close to the scalp. Head lice are wingless, cannot fly or jump, and do not burrow under the skin. However, they can crawl, sometimes rapidly. They do not commonly spread disease and infestation does not equate to poor personal or home hygiene.

IDENTIFICATION AND LIFE CYCLE

Eggs (Nits) - found at the base of the hair shaft near the scalp

Nymph - recent hatchling, actively feeds on blood

Adult - size of a sesame seed with 6 legs, ranges from tan to gray in color



DIAGNOSIS

Use a magnifying glass and/or fine tooth comb, focused near the scalp.

Self-diagnose by seeing live lice and/or nits. Seeing only nits may be from a past infestation.

You may have a healthcare provider confirm diagnosis.

TREATMENT

- Treatment is recommended for anyone showing an active infestation.
- Close contacts should be checked for infestation.
- OTC and prescription medications are available.
 - Follow instructions exactly.
 - Retreatment may be needed to kill all life stages.
 - Those with long hair may need multiple treatment kits.
- Rinse treatment out in the sink to reduce exposure to the skin.
- Continue to check hair/scalp for 2-3 week post-treatment.

Pediculicides kill nymph and adult lice.

Ovicides kill nits (eggs).



HOUSEHOLD CLEANING

Lice don't usually live for more than a day without feeding from a human scalp. As a precaution, clean items the affected person has used in the previous two days.

All exposed bedding should be washed and dried at the hottest possible setting (at least 130°F) or sealed in a plastic bag for two weeks.

Clean combs, brushes and hair accessories by soaking them in hot, soapy water for 5 to 10 minutes.

Seal items that can't be washed in plastic bags for two weeks.

Vacuum the floor and upholstered furniture.

Schools create their own lice policies.

Check with your school for exclusion rules.

Head lice cases do not need to be reported to the Health Department.

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