

Head Lice Fact Sheet

Lice are small insects about the size of a sesame seed. They can vary in color. Nits are tiny, yellowish-white oval specks attached to hair shafts. Nits may be found throughout the hair, but are most often located at the nape of the neck, behind the ears, and on the crown. It helps to check for lice in bright, natural, light, such as in front of a window.

Symptoms Of Head Lice

1. itching 2. children scratching their heads 3. Often red bite marks or scratch marks can be seen on the scalp and neck

All family members should be checked.
Infants and older can get head lice.
You are never too young or too old.

Caution: Lice shampoo is a pesticide and should not be used on pregnant women, infants or an individual with a compromised immune system.

Treatment Of The Individual Checklist

- c **Remove child's shirt and provide a towel to cover the eyes.** This is essential. To not treat in bathtub or shower, but have the child lean over the sink.
- c Use one of the over-the-counter pediculicidal (head lice) product shampoos. **Follow the directions on the box CAREFULLY.**
- c Allow hair and scalp to dry in open air.
- c There is no lice shampoo that kills 100% of the nits.
- c You must remove **ALL NITS**, following the shampoo.
- c Following **nit removal**, have the individual put on clean clothing.
 - a. **Removing nits:** Work in an area with good light. Part the hair into sections and hold sections in place with rubber bands/hair clips/or simply your hands. Examine all sides of the hair shafts for nits. Comb or pick out all the nits. Comb hair slowly away from the scalp.
Removal of nits when the hair is wet: 1. Slightly damp hair is best when removing nits. 2. If the hair is too wet, the nit comb slips right through the wet hair and does not catch or comb out the nits. 3.
- c **Inspect hair daily for the next 2 weeks.**
- c **A 2nd lice shampoo treatment is recommended in 7-10 days, no sooner than that.**





Cleaning Checklist

CLEAN UP OF YOUR HOME, VEHICLE IS NECESSARY TO GET RID OF THE LICE FROM YOUR HOME AFTER TREATMENT. FOLLOW THE BELOW STEPS.

- c Soaking in hot water for at least 10 minutes may treat all personal articles such as combs and brushes.

- c Clothing/bedding: wash all clothing, bed linens, and towels, bedspreads, blankets for 20 minutes in hot water (140 degrees) and drying in a dryer for 20 minutes.

- c Anything that cannot be washed must be bagged up for 2 weeks in a plastic bag. (example: stuffed animals/dolls)

- c Treatment of the environment: Floors, carpets, upholstered furniture; pillows and mattresses should be **CAREFULLY VACCUUMED**. Head lice sprays **DO NOT WORK**.

1. Vacuum your vehicle seats, carpet and ceiling.
2. If you have a pet in your house, you must isolate your pet for 2 weeks, because this could cause your family to be reinfested.

Your child cannot come back to Head Start/Early Head start until they are nit free. Home Visitor/family visitor will also be unable to do home visits if you or any of your family members are infested with lice or nits. You may arrange with your head start teacher/Early Head Start caregiver to bring your child a few minutes early to Center and she can check for head lice/nits. Thank you!!!!