

Dear Parents and Guardians:

Here are a few new facts and links from the American Academy of Pediatrics (AAP) <https://www.aap.org/en-us/about-the-aap/Pages/About-the-AAP.aspx> and Centers for Disease Control (CDC) <https://www.cdc.gov/parasites/lice/body/epi.html>

Live head lice can transmit lice to another person with close contact by crawling. Strands of shed hair with nits/eggs attached and with close contact, can attach to the next person's clothing and can hatch on that person. Nits are whitish round or oval lice eggs that are glued to hair strands. **Head Lice are insect parasites** that can live on or under the skin. Your child may not feel sick with any symptoms, but itching of the scalp or around the ears and hairline is annoying and could turn into a skin infection. **Body lice, also a parasite,** can carry and spread some bacterial diseases, such as typhus, relapsing fever or trench fever. See the following Mayo Clinic link provided for more information:

<https://www.mayoclinic.org/diseases-conditions/body-lice/symptoms-causes/svc-20350310>

Over the counter pharmacy shampoos for lice removal may be effective if used according to label directions, and **REPEATED** within 7-10 days. Home remedies may be effective such as, a 15 minute hair soak with white vinegar, (which releases the glue consistency of nits to hair strands), followed by Cetaphil Cleanser (soap) or any shampoo, then combed through with a nit comb. A fifteen minute hair soak of mayonnaise, tea tree oil, or olive oil, may smother live lice, followed by any shampoo may be effective. Soak combs, brushes and hair accessories in hot water or lice shampoo for 1 hour. **Do a nit check every morning and evening of each family member's hair, and retreat if any nits or lice are found.** Apply a hair conditioner which slows the head lice down, then use a lice comb to remove nits.

It is also necessary to vacuum mattresses, upholstered furniture, drapes, carpets, and car seats. Wash bed linen, including pillows and blankets in hot water and then place in a hot dryer for 20 minutes. Bag and seal non-washables and toys for 2 weeks, in plastic bags. Burn or double bag and tightly seal vacuum cleaner bags and dispose of.

If your family has a chronic problem, and lives in an area with known resistance, see your family doctor. A prescription treatment medication may be prescribed.

Lice cannot survive on animals, but can crawl onto their fur for 2-3 days, then to humans. Head lice cannot fly or jump **but can crawl**. The life cycle of lice is:

- A mature or adult lice can lay up to 10 nits or eggs each day.
- Nits or eggs hatch in about 7-12 days.
- Nymphs or baby lice mature into adult lice in 9-12 days, and must live on human blood to survive.
- In a few days adult lice are ready to mate, starting this life-cycle all over again during their 3-4 week, or 30 day life-span. Lice can survive 2-3 days off of the human scalp (hiding in stuffed animals, carpet, upholstery or pet's fur, vehicles.)

Below is information about a clinic in ~~Eau Claire~~, Wisconsin, that specializes in head lice removal.

Glennwood City