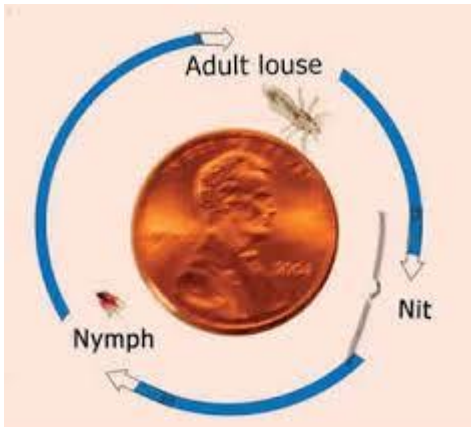




# Fair Lawn Nurses Nurse's Newsletter

## LICE



Just say the word & everyone starts scratching their head. As you can see from the image above, they are extremely small.

Every year as many as 12 million children are affected by these tiny pests. They attach to the hair shaft & feed on blood from the scalp, which then causes the itchiness. Contrary to popular opinion, **it is not a medical or public health hazard, nor can they fly or jump.** They spread through close contact or sharing, hats, hair accessories, brushes or pillows. Thorough cleaning of furniture, rugs, car seats, and throw pillows will eliminate the infestation, along with washing bed linens, clothes, & towels in hot water.

### Facts:

- **Can only crawl**, but at a rapid rate of 12"/ minute
- Scratching your head is the most common symptom
- Not harmful; just a nuisance
- Adults can live for about 48 hours away from the body
- Nits (eggs) can survive about 10 days away from the host
- Only feed on human blood; but your pet can transport to you if there is close contact
- **Direct head-to-head contact between 2 children is the most common method of transferring lice**
- Not a sign of poor hygiene
- Parents need to be diligent in routinely checking their child's head
- A mature or adult head louse can lay up to 10 eggs or nits each day. Takes about 7-10 days for nits to hatch
- Lifespan- 3 to 4 weeks
- Students do not have to be excluded from school according to the American Academy of Pediatrics