

Head Lice Images- some basic views of head lice and their life stages.

Head louse - adult female on comb



Head louse - egg on hair



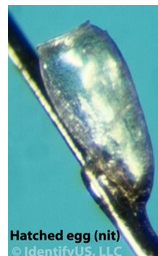
Egg 1-2 days old
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Head louse - ready to hatch egg



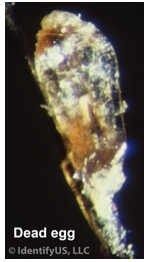
Egg ready
to hatch
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Head louse - hatched egg

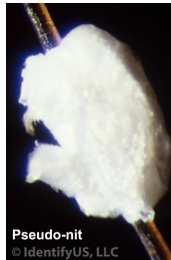


Hatched egg (nit)
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Head louse - dead egg



Head louse - pseudo nit (confused as head lice egg)



Nymph of head louse



LICE CONTROL CHECKLIST

Anyone can get head lice – it has nothing to do with cleanliness or poor hygiene. Head lice are mainly required by direct head to head contact with an infected person’s hair, but may infrequently be transferred with shared combs, hats and other hair accessories. They may also remain on bedding or upholstered furniture for a brief period. Head lice are treatable and very rarely cause serious health problems.

In order to eliminate head lice from your household, follow this checklist carefully. Contact your school nurse or Public Health Department (920-787-6590) with any questions.

Step 1: Determine household members who need to be treated

Head lice are small parasitic insects that live mainly on the scalp and neck hairs of their human host. Head lice eggs are referred to as nits. Eggs/nits are oval shaped, can be transparent, grayish and white in color.

- Check each household member with a magnifying glass in bright light for lice/nits
- Look for tiny eggs near scalp, beginning at back of neck and behind ears
- Examine small sections of hair at a time and thoroughly examine entire head
- Unlike dandruff which moves when touched, eggs stick to the hair
- Humans are the only hosts that lice live on so there is no need to worry about pets/animals being infested with lice.

Treatment should only be considered when active live lice or viable eggs are observed (refer to the images of lice and eggs). For young children be sure to read instructions for appropriate age use and/or contact a doctor for alternative treatment.

Step 2: Purchase or gather all the supplies you need

Lice treatment for each person

- For example: Nix Cream Rinse
- Check expiration date on package
- Check package for allergy/do not use warnings

Metal nit comb

Hair holders (bobby pins or clips)

Towels

Lamp

Shampoo without conditioner

Vacuum cleaner bags

Garbage bags

Timer, watch or clock

Tweezers

Step 3: Treat the head (killing the lice)

Apply lice medicine, also called pediculicide, according to the instructions contained in the box or printed on the label. Pay special attention to how long the medication should be left on the hair and how it should be washed out.

WARNING:

Do not use a combination shampoo/conditioner or conditioner before using lice medicine. Do not re-wash the hair for 1-2 days after the lice medicine is removed.

Have the infested person put on clean clothing after treatment.

Step 4: Remove Lice from the hair

An infestation may be eliminated by combing each day to remove the live lice and nits.

Comb 1-2 times per day for the next two weeks. Use light, magnification and a good louse or nit comb to locate and remove lice and eggs/nits.

Settle your child in with a good book or video. Take your time. This process may take several hours each night for several nights to tackle this problem.

Hair should be cleaned and well-combed or brushed to remove tangles before attempting to use a louse comb.

Part hair into four sections. Work on one section at a time.

Start at the top of the head in the section of hair you have picked. With one hand, lift a one - two inch section of hair.

Take the nit comb and get the teeth of the comb as close to the scalp as possible and comb with a firm, even motion away from the scalp to the end of the hair.

If the comb doesn't remove the eggs/nits, you can use fingernails or tweezers.

Use clips or bobby pins to pin back each strand of hair after you have combed out the nits

Clean the comb completely as you go. Wipe the eggs/nits from the comb with a tissue and throw away the tissue in a sealed plastic bag to prevent the lice from coming back.

Repeat with remaining sections or hair. If hair dries during the combing, dampen slightly with water.

After combing, recheck the entire head for eggs/nits and repeat combing if necessary. Clean fingernails, boil all tools/combs used and launder clothing/towels used.

If after 8-12 hours after treatment, no dead lice are found and lice seem as active as before, the medicine may not be working. Do not re-treat until speaking with your health care provider; a different pediculicide may be necessary.

Step 5: Clean the Environment

A. Launder

Launder any items that the person(s) being treated used in the past 48 hours in hot water (above 130 ° F), then dry in the dryer on the hottest setting for at least 5 minutes:

Personal clothes	Pillows (if washable)
Caps, hats, ear muffs	Clothing worn within the last two weeks
Scarves, gloves	Headbands
Bedding/blankets	Coats (if washable)
Towels	Backpack (if washable)
Stuffed animals (if washable)	Sleeping bags (if washable)

B. Soak in hot water (130 ° F or greater for at least 10 minutes)

Combs, nit comb
Brushes
Barrettes, hair ornaments, hair rollers

C. Vacuum

Upholstered furniture
Car seats
Stuffed animals (if not washable)

D. Bagging

Items which cannot be laundered, soaked or vacuumed should be sealed in a garbage bag for at least 2 weeks. After that time, any nits would be dead. Items should be taken out of the bag outdoors and shaken out vigorously before using again.

E. Freezing

Lice and their eggs on inanimate objects (e.g. toys) may be killed by freezing temperatures. Objects that cannot be heated in clothes dryer may be placed in a freezer (or outdoors if sufficiently cold). This treatment may take several days to be effective, depending on the temperature and humidity.

Step 6: Notify Others

Notify places where your child *recently* (last two days prior to treatment) spent “close contact time” with other children/adults such as: school, friend’s houses, child care/babysitters, after school activities etc...Informing them to:

1. Inspect the hair of close contacts for live lice.
2. Treat and remove live lice from infested persons.
3. Clean the environment.

For the next two weeks

Inspect hair for live lice and viable eggs of all family members daily.

Comb infected person’s hair daily with a nit comb.

Re-treat per physician recommendation. Do not use the treatment more than twice without consulting the school nurse or your physician.

Prevention

Your best defense is to examine your child's hair and scalp regularly so you can catch an infestation early. Prompt treatment will help prevent head lice from spreading to the rest of the family. Once you've survived a lice infestation you will want to prevent going through it again:

Don't share combs, brushes, barrettes, hair items

Don't share hats, scarves, towels, pillows, sleeping bags

Dealing with the Frustration

Treating head lice is a time-consuming and expensive process. Sometimes, the lice infestation reoccurs, even many times. While there do appear to be lice that are resistant to common treatments, most recurrences of infestation are due to missing one step in treatment. Be sure you have completed every step and that you have completed steps 1 – 6 all on the same day.

Contact your family physician if unable to eliminate lice infestation for possible prescription treatment options. For assistance and/or guidance you can also contact your school nurse and/or Public Health Department 920-787-6590.