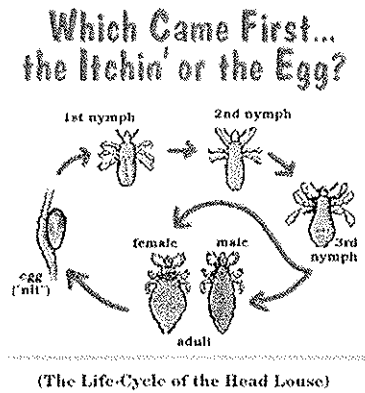


Head Lice (Pediculosis) Fact Sheet

Head lice are not considered a health hazard as they do not spread disease or illness. Head lice among school children are a common frustration; however, the spread of head lice can be controlled and prevented if parents are vigilant about checking their children at home throughout the school year.

Using a good light source (sunshine works best) check the hair, section by section, especially around the ears, nape of the neck and crown, for live head lice and nits. It is important to check the head of everyone in the household, including your own.



Nits are the eggs of head lice. They are oval or tear-drop shaped, and is often mistaken for dandruff. The nits (eggs) are firmly stuck (cemented) to the hair shaft and can only be removed if the hair is cut/shaved off or by using a nit comb to remove each egg. Once a nit is laid, it will hatch in 9-10 days.

Head lice are tiny (the size of a sesame seed), wingless insects that move quickly and are a grey/brownish color which makes them difficult to see. They have six legs for holding on to hair. They can crawl but because they are wingless, they do not fly and they have no back legs so they can't jump. Lice need human blood to survive and will die within 24- 48 hours without a human host to feed on.

If live bugs are found, start treatment right away. Over the counter treatment options include Nix Permethrin Lice Treatment or Rid Lice Killing Shampoo. It's very important to shampoo each family member when lice are found and treat again 7-10 days later to effectively kill any nits that may have survived the first treatment. If crawling lice are still seen after a full course of treatment, contact your health care provider for other options.

To avoid re-infestation, machine wash and dry clothing, bed linens, and other items that may be infested using hot water (130 degrees F) and the high heat drying cycle. Clothing and items that are not washable can be dry-cleaned or sealed in a plastic bag and stored for 2 weeks. Soak combs and brushes in hot water (130 degrees F) for 5-10 minutes. Vacuum the floor and furniture, particularly where the infected person sat or slept.

Although lice don't jump or fly please discourage your children from sharing hats, combs, scarves, coats, head-phones and other items while at school.

For more information go to :

<https://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatementsFullView/tabid/462/smid/824/ArticleID/40/Default.aspx> or https://www.colorado.gov/pacific/sites/default/files/DC_ComDis-Infectious-Diseases-in-Child-Care-and-School-Settings.pdf

Thank You,
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