

Head Lice Awareness

From

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Whenever children are in close proximity of each other, especially younger age children, there is always the possibility of head lice being present. Head lice are commonly spread by direct head-to-head (hair-to-hair) contact. However, they can also be spread by sharing clothing such as hats, scarves, coats, sports uniforms, hair ribbons or barrettes, combs, brushes or towels. Head lice survive for less than 1-2 days if they fall off a person. If lice are found on the head they can live for up to 30 days on a person's head. An adult, female lice can lay up to 8 nits (eggs) per day.

IMPORTANCE of being mindful and checking your child/children's hair at least every 2-3 days.

Pick a couple days a week that you take a few minutes to check your child's hair/head.

Chose an area with good lighting. If your child has long hair, section off part of the hair to check. If you are having trouble seeing them you can take a white piece of paper and put under your child's hair and comb the hair out over the paper. If live lice are present it will make it easier to see them on the paper. Typically, the lice like to live close to the scalp and behind the ears and nape of the neck. This does not mean they cannot be found elsewhere on the head. Check ALL of hair.

Signs and Symptoms that lice may be present:

- Tickling feeling or feeling that something is moving in their hair.
- Itching, which is caused by an allergic reaction to the bits of the head lice
- Irritability and difficulty sleeping, as head lice are most active in the dark.
- Sores on the head caused by itching

For photos of lice and nits in the hair, follow this link:

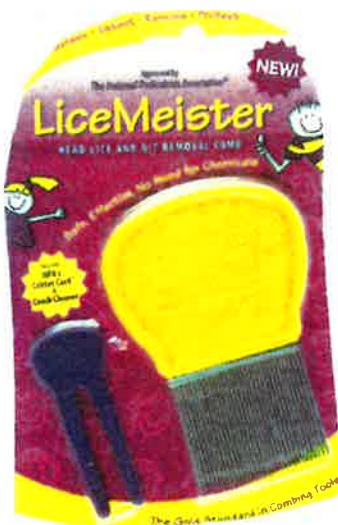
<http://www.verywellhealth.com/lice-lice-pictures-4020374>

Remember:

1. Lice cannot jump or fly. They crawl and can fall off the head.
2. They do not live longer than 48 hours off the head.
3. Head lice are insects that live on human heads only. They do not spread to or from pets.

If you find that your child does have active head lice what you will need to do.

1. Treat only the child that has active lice with a Lice treatment product. DON'T treat everyone in the family. Lice treatments are not 100% effect in killing the live lice. The product will NOT KILL EGGS (NITS) that are on the hair. It will not prevent/shield hair that does not have active lice. **WARNING;** Do not use a crème rinse, combination shampoo/conditioner or conditioner BEFORE using lice medication. After washing out the lice medication, DO NOT re-wash the hair for 1-2 days after the lice medicine is removed.
2. **Removing ALL the nits (nitpicking) is the MOST IMPORTANT PART OF THE TREATMENT for controlling head lice. The nits are glued onto the hair shaft and require effort to remove. All nits need to be removed. If not, your child may get an active case of head lice again. A lice comb will come with the lice treatment kit but you may want to invest in a better comb such as a LiceMeister comb.**



3. Do not lie on beds, couches, pillows, carpets or stuffed animals that have recently been in contact with an infested person.
4. Machine wash and dry clothing, bed linen, and other items that an infested person work or used during the 2 day before treatment using the hot water laundry cycle and the high heat drying cycle. Clothing and items that can't be washed can be sealed in a plastic bag for 2 weeks.
5. Vacuum the floor and furniture, particularly where the infested person sat or lay. However, spending much time and money on housecleaning activities is not necessary to avoid reinfestation by lice or nits that may have fallen off the head or crawled onto furniture or clothing.
6. Do not use fumigant sprays or fogs; they are not necessary to control head lice and can be toxic if inhaled or absorbed through the skin.

For more information:

<http://www.cdc.gov/lice/head/treatment.html>