

# Lice

Discovery and Treatment



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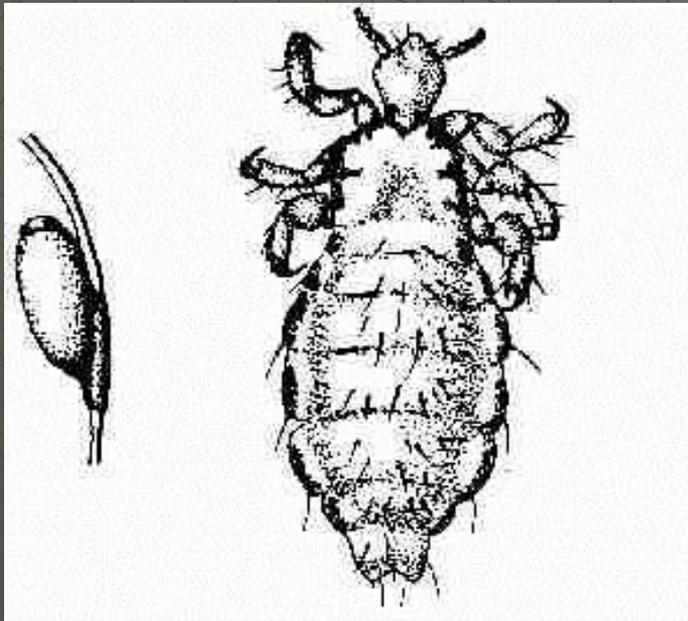
# The Different Stages

- There are three stages of the head lice life cycle.
- egg or nit
- nymph
- and adult louse.



compared to the size of a penny for scale.

# Description of a Louse



Nit

Mature Louse

Lice are grayish brown in color and are about 1/16-1/18 of an inch long. Hook-like claws are at the end of each of six legs to help anchor the louse to the hair shaft. The louse can live about 30 days on its host and the female will lay about 90 eggs during this time. The eggs are called “nits” and they will hatch into “nymphs” in about 10 days.

The nymphs begin to feed on their host by sucking the blood from the scalp. They become mature in about 8 more days and the life cycle is complete.

# Symptoms of an Infestation

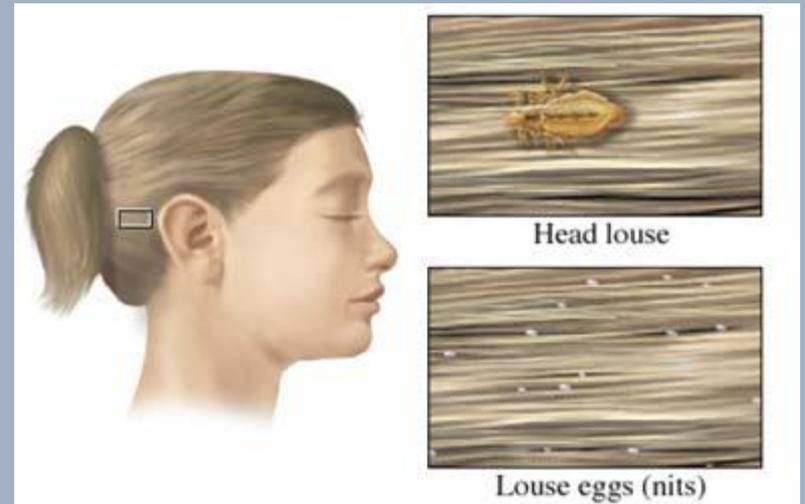
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- ❑ The first major symptom of a lice infestation can be intense itching caused by the lice feeding, although certain individuals may not experience itching at all.
  - ❑ Presence of live lice.
  - ❑ Nits positioned less than ¼ inch from the scalp that are hard to remove.
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# Who can get Lice?

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- ❑ **Anyone** can get lice.
- ❑ Does not matter whether it is a dirty head or a clean head.
- ❑ You can NOT get lice or give lice to your pet



# How Does an Infestation Occur?

Direct contact



Sharing personal items



Sharing clothing



# Indentification

- Examine the head under bright natural light
- Part the hair and examine the scalp. Especially the nape of the neck and behind the ears.
- Look for small white to yellowish-brown specks about the size of a poppy seed and are attached to the hair shaft.
- You may see lice quickly moving away from the sunlight

# Indentification (Continued)

- To tell the difference between eggs and dandruff, try to dislodge them from the hair shaft. If they are easily removed, they are probably not eggs.

Nits (eggs) glued to hair-actual size



# Treatment

- Recommended treatment is a prescription or over the counter lice killing product such as RID or NIX.
- Second treatment 7-10 days after the first is recommended to kill all nits that may have hatched.
- Manually remove nits after the shampoo is used.

## Treatment continued

- Use a good lice comb to assist inspection
- Check the hair of all family members
- Recheck infested persons scalp weekly for 4-6 weeks.
- Let the child's school know so that other parents can be on the "look out" for lice on their children.
- Ask your school nurse for help in identification and plan for treatment

# The Clean-up!

- Wash bedding in hot water (130 °) and dry in hot dryer.
- Wash and dry recently worn items such as coats, scarves and hats. If not possible, place in plastic bag for 2 weeks.
- Clean combs, brushes etc, in hot (130°) water for 10 minutes.
- Vacuum floors, upholstered furniture (couch, chairs, car seats), carpets and beds then dispose of the vacuum bag.

# Prevention

- Watch your child for signs of head lice such as frequent head scratching
- Follow package direction carefully and completely
- Teach your child to avoid things that have been on or near another child's head
- Check your child's head frequently to catch lice early
- Know what you are looking for.

# The Facts of Lice

- *Lice can not jump or fly*
- *A child can return to school the day after treatment.*
- *Head lice do not transmit disease.*
- *Head lice are a nuisance.*
- *It is estimated that 12 million to 24 million school days are lost annually due to lice.*
- *Treatment is not indicated if the infestation is not active.*  
*Active, meaning presence of live lice.*
- *Lice are spread by direct contact.*