

What are head lice?



Head lice are small parasitic insects. Head lice are about the size of a sesame seed and live on the human scalp. They are brownish, tan or gray in color and move by crawling.

Lice do not jump or fly, and do not transmit diseases. They feed on human blood and without it they can't survive. Head lice can only live on human scalps.

- Lice are not known to cause disease.
- Lice infestations are not due to poor hygiene.
- Lice live on people's scalps, not on animals.

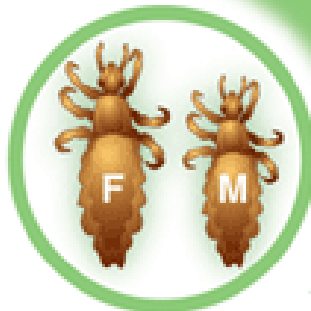
Lice spread from person to person when heads touch. Because they can live independent off a person for up to 55 hours, they are also commonly spread via stuffed animals, hats, headphones, combs, brushes, towels, clothing, car seats, sofa cushions, and bedding.

LICE EGG

An egg, called "nit" is glued to the hair shaft where it stays for 8 to 10 days.



The Head Lice LIFE CYCLE



LICE ADULT

10 days after hatching, the adult begins to reproduce and will lay anywhere from 50 to 150 eggs over the next 28 days.



LICE NYMPH

The nymph hatches and molts three times over a period of 10 days, growing into an adult.

Check your entire family for head lice daily for 10 days

- Examine the head under bright natural light.
- Part the hair and closely examine the scalp, especially the nape of the neck and behind the ears. Lice will quickly move away from the light.
- To find the eggs and nits, look for small white or yellowish-brown specks that are about the size of a poppy seed. Eggs are found on the hair shaft close to the scalp. Newly laid eggs are almost transparent, so it is helpful to examine the hair from different angles of light.
- To tell the difference between eggs and dandruff, try to dislodge them from the hair shaft. If they are not easily removed, they are probably eggs.

Treatment and Eradication of Head Lice

The most important thing to do is to treat the individual, their clothing and bedding, and the environment on the same day.

- Newest research proves use of insecticide type shampoos is not necessary and often ineffective.
- Use of a non toxic shampoo or treatment (such as 'Lice MD', or Cetaphil Gental Skin Care Lotion) is as or more effective and **causes no harm**.
- You **MUST** remove ALL Nits and Lice and continue to do so daily for 10 days.

Using a lice comb, separate the hair into sections; proceed in an ordered fashion to check all areas, especially behind the ears, nape of neck, and top of head.

- You **MUST** vacuum all areas, mattresses, furniture, car
- You **MUST** launder all recently worn clothing, bed linens, and jackets in **hot** water and dry in **hot** dryer. Pillows can be placed in a very hot dryer for 30 minutes. Stuffed animals and other items that cannot be washed should be bagged up in plastic for one week - the lice cannot survive it.
- You **MUST** check all other family members - treat if **any** lice or nits are found. Continue to check daily for 10 days.
- After 10 days repeat procedure. If a live louse is found prior to 10 days, re treat immediately.

