






HEAD LICE









Facts you should know:

-  Lice do not carry disease.
-  Lice spreads easily from person to person by close bodily touch.
-  Lice are more common in the Spring and Fall.
-  Lice can only live 1-2 days after falling off of a person.
-  You can't get lice from a household or outdoor pet.













Having head lice is not a sign of being dirty. Anyone, at any time, may have these pesky little critters.

Signs of Lice:

-  Tiny yellow, tan or brown dots on the hair shaft close to the scalp (head). Known as nits, these are the eggs. Nits often look like dandruff but can't be moved or blown off.
-  Adult lice move quickly so you may not see them crawling on the head unless it is a bad case.
-  Adult lice do not have wings. They can't fly or jump from person to person, they crawl.
-  Itching may not start right away. But a child may complain of feeling something crawling or tickling their head. The itching is caused by the spit that comes from the lice bites.
-  Sores come from scratching the head. Call your doctor if your child's head looks oozy.
-  Small red rash or bumps are caused by the lice biting the head.

How to Get Rid of Them and Keep Them from Coming Back:

-  Shampoo the head with a medicated shampoo, which you may buy at your local drug store. Most children can go back to school or day care after just 1 shampooing, but call your school or child care provider and follow their rule.
-  Wash all clothing, bed linens, towels, hats and jackets that were used by the person 2 days before lice were found. Wash in washing machine in hot water. Water temp should be at least 130°F.
-  Dry all washed items in a very hot dryer for at least 20 minutes.
-  If you cannot wash clothing or items such as stuffed animals place them in a sealed plastic bag for at least two weeks.
-  Soak all combs, brushes, hair ties, bands and barrettes in hot water for 10 min. Or, just throw them away.
-  Vacuum all floors, upholstered furniture, and car seats (which is one of their favorite hiding places). Your child may become infected again and again if this step is not done.
-  7 days after the first shampooing, repeat using the medication shampoo. This will help kill any newly hatched eggs.
-  Let kids know they should never share hats, combs, brushes, barrettes, hair ties, pillows, helmets, or towels with others. It does not matter whether they have lice or not, you just never know.
-  Every 3-4 days check each person in the household for signs of lice.
-  Follow all the directions as given that come with the lice treatment products.

If your family is not lice free after 2 weeks call your doctor.

You may need a stronger medication to get rid of them.