



Head Lice

Your child may have been exposed to: Anyone can get head lice. Head lice are very small brownish-colored insects that live on the head. They are less than $\frac{1}{8}$ " long. They lay eggs (nits) close to the scalp. The eggs are tiny (the size of a small needle) and gray or white in color.

If you think your child has head lice, call the school.

Treat your child for head lice and check the child's head and remove nits daily. **Can take 2 weeks to get rid of lice.**

If all nits within $\frac{1}{4}$ inch of the scalp are not removed, some may hatch and your child will be infested again.

Check everyone in the house for head lice. Treat only household members with head lice, and treat them all at once.

Does my child need to stay home from school?

- The child can return after receiving an appropriate lice treatment and can show proof of treatment.

Symptoms

Itching of the head and neck.

Look for:

1. crawling lice in the hair, usually there aren't very many;
2. eggs (nits) glued to the hair, often found behind the ears and at the back of the neck;
3. scratch marks on the head or back of the neck at the hairline.

If your child is infested with lice, it will take 7-10 days from when the eggs are laid until they hatch.

Spread

- By head to head contact.
- By sharing personal items that come in contact with the head (combs, brushes, hat, etc.)
- Lice do not jump or fly; they crawl and can fall off the head. Head lice do not live longer than 48 hours off the head and only lay their eggs while on the head. The eggs do not hatch if they fall off the head. Lice do not spread to or from pets.

Contagious period

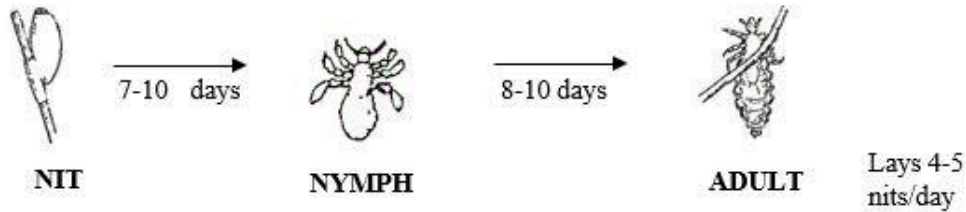
- Until treated with a lice killing product.

Call your healthcare provider

- Call your healthcare provider or pharmacy for advice about treatment. Recommended treatment includes using either a store-bought or prescription lice killing product.
- Follow the product directions carefully. With certain products a second treatment is recommended 7 to 10 days later. Lice treatment products are not 100% effective in killing lice, especially the eggs (nits).
- Removing nits (nitpicking) is an important part of the treatment for controlling head lice. The nits are glued onto the hair shaft as they are laid, and require effort to remove. See the nitpicking instructions below. Continue checking the head and combing hair daily for 2 weeks. If all nits within $\frac{1}{4}$ inch of the scalp are not removed, some may hatch and your child will get head lice again. Nits beyond $\frac{1}{4}$ inch are likely hatched or dead.

If you have additional questions/concerns, please contact the GCSD Health Office.

HEAD LICE LIFE CYCLE



How to Remove Nits

Work in a well-lit room or under a bright lamp (using a magnifying glass may help you see the nits)

- Divide the hair into 4 parts and divide each part into 1-inch sections.
- Starting at the scalp, use a metal nit comb, cat flea comb, or your fingernails to comb each hair section individually.
- Use the comb or your fingernail to slide eggs off the hair shaft or use scissors to cut hair shafts that have nits glued to them.
- Remove all nits within 1/4 inch from the scalp each time you comb the hair.
- REMEMBER: It can take at least 2 weeks to get rid of lice.



House Cleaning Measures:

Head lice do not survive long if they fall off a person and cannot feed. You don't need to spend a lot of time or money on house cleaning activities. Follow these steps to help avoid re-infestation by lice that have recently fallen off the hair or crawled onto clothing or furniture.

1. Machine wash and dry clothing, bed linens, and other items that the infested person wore or used during the 2 days before treatment using the hot water (130°F) laundry cycle 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.
2. Soak combs and brushes in hot water (at least 130°F) for 5–10 minutes.
3. Vacuum the floor and furniture, particularly where the infested person sat or lay. Head lice survive less than 1–2 days if they fall off a person and cannot feed; nits cannot hatch and usually die within a week if they are not kept at the same temperature as that found close to the human scalp.
4. Do not use fumigant sprays; they can be toxic if inhaled or absorbed through the skin.

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