



It's that time of year again where head lice love to make an appearance

First and foremost, don't bug out! ☺ While this can seem stressful, we have put together this form to help put you at ease. Below are some helpful tips to identify, treat and prevent head lice.

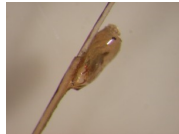
For more information and helpful tips on head lice visit www.letslearnaboutlice.com

What am I looking for?

Head lice: Lice are tiny, wingless parasitic insects that live on the hair of humans and feed on small amounts of blood from our scalp. A single adult is called a louse. A lice egg hatched and unhatched is often called a nit. The medical term for head lice infestation is Pediculosis. There is a common misconception that eggs are white. In fact, an egg is usually pale yellow or caramel in color. A newly hatched nymph is translucent but turns reddish-brown as it consumes your blood.

Eggs: Also called nits are visible to the naked eye as soon as they are laid. They range in color from pale yellow, tan to almost black. They are glued to the hair shaft close to the scalp which acts as an incubator. Eggs (nits) hatch approximately 7-10 days after being laid.

Speed Bump Test: When trying to determine between dandruff and lice eggs, run your fingers over the spot in question...if it feels like a speed bump and is sticking to the hair strand, there is very good chance it is an egg. Dandruff will flake away easily.



Checking & Quick Facts

Checking: To properly check for head lice you must comb with a head lice comb and wipe on a paper towel. Looking only with your eyes can easily miss bugs or eggs, especially if it is a new case.

Make sure the hair is free of tangles. You can comb wet or dry. Wet may be a bit easier especially if you are working with thick, and/or curly hair. You can use conditioner to soften the hair to make sure the comb pulls all the way through the hair.

With the lice comb, comb along the scalp and pull straight through the hair ends. After every swipe (or every few swipes), wipe comb clean on a paper towel to see any live lice or eggs. Comb through the whole head in different directions for at least a few minutes.

Make sure to check each household member with a lice comb. Local lice professionals are also a good resource.

Quick Facts:

- Head lice cannot hop, jump, fly or swim and in most cases transfer from direct head to head contact.
- Pet lice and head lice are different. We cannot give it to our pets and they cannot give it to us.
- Lice die off the head within 24 hours
- Only 50% of people actually itch
- In addition to itching, rash at the nape of the neck, swollen glands, low grade fever and bags under the eyes can be signs of head lice.
- Eggs farther than 1/4 inch from the scalp can still be viable
- All eggs must be removed for a 100% successful treatment

Treatment & Prevention

Treatment: When it comes to treating head lice you have two options: DIY or call a professional. If head lice are found treat *only* those with head lice. If doing it yourself, choose safe chemical free, non-toxic products and a high quality head lice comb (found online, your local head lice professional or a lice product website). You can purchase these combs online or through your local head lice professional.

For detailed steps on how to treat head lice, check out www.letslearnaboutlice.com.

You don't have to go crazy around your home! Just a few steps and that's it:

- No throwing anything away and no bonfires in the backyard!
- Change the sheets (of those that have lice).
- Throw a sheet over the couch for 24 hours or simply lint roll.
- Put the following in the dryer on high heat for 30 minutes: Blankets, stuffed animals, coats, and hats (if used in the last 24 hours).
- Hair brushes and accessories can go in the freezer overnight.
- Done! Really, we're not kidding.

Prevention: Head lice use hair strands as a bridge to move from one head to another.

- Keep hair up in braids or a tight bun
- Do not share hairbrushes, hair accessories or hats
- Use a mint prevention spray daily to keep the bugs away
- Comb with a high quality lice comb or shampoo with a mint based shampoo once a week.
- Be a friend, tell a friend (and the school nurse)

Once a week take a peek!

