

HOW TO PREVENT LICE

- Avoid head-to-head contact
- Don't share combs, brushes, hats, scarves, towels, or helmets whether the other person has lice or not
- Don't lie on bedding, pillows or carpeting of a person who has lice
- Examine members of your household every 3-4 days if they have contact with someone with lice



RESOURCES

- <http://www.hsph.harvard.edu/headlice.html>
- <http://www.cdc.gov/ncidod/dpd/parasites/lice/default.htm>
- www.health.state.mn.us
- www.headlice.org
- www.lice-freenaturally.com.au
- www.mayoclinic.com/health/lice

HOW TO TREAT HEAD LICE

- Use Anti-lice Agents Found Over-the Counter
- Follow the directions exactly, the treatment is a pesticide and can cause harm if used incorrectly
- Wet combing should be done every 2-3 days for two weeks after treatment
- Treatment may need to be repeated in 7-10 days to avoid reinfestation

HOW DO I GET RID OF LICE IN THE HOUSE?

- Wash all clothing and bedding used by the infected person in very hot water (130°F)
- Dry in the hot cycle of the dryer for at least 20 minutes
- Dry clean any clothing that isn't washable
- Put bedding, linens, clothing, stuffed animals and plush toys that can't be washed or dry cleaned in airtight bags for two weeks
- Vacuum carpets, upholstered furniture and your car
- Soak hair care items (combs, brushes, barrettes, hair ties) in rubbing alcohol or medicated shampoo for 1 hour

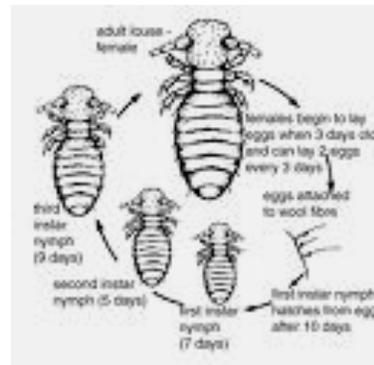
WHAT ARE LICE?



Brought to you by:
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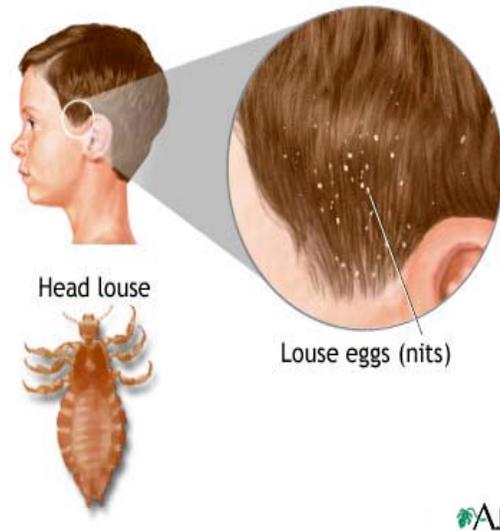
HEAD LICE

- Tiny, wingless insects
- Live among human hairs
- Feed on tiny amounts of blood
- Do not transmit disease



WHO CAN GET HEAD LICE

- Anyone who comes in close contact with someone who already has head lice is at greatest risk.
- Hundreds of millions of cases worldwide each year
- Preschool and elementary-age children and their families are infested most often.
- Head lice may be acquired from contact with clothing or other personal items that belong to an infested person.
 - hats, scarves, coats, brushes or towels
- Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.
- Pets cannot get lice



ADAM.

EGG OR NITS

- Very small, size of a knot in thread
- Hard to see, often confused for dandruff or hair spray droplets.
- They are oval and usually yellow to white.

NYMPH

- The nit hatches into a nymph.
- It looks like an adult head louse
 - but smaller
- Nymphs mature into adults about 7 days after hatching.
- Must feed on blood.

ADULTS

- Size of a sesame seed
- Tan to grayish-white, sometimes darker
- Can live up to 30 days on a person's head.
- Feed on blood.
- It dies within 2 days of falling off a person

- Have three stages in their life cycle:
 - Egg or nit
 - Nymph
 - Adult

HOW TO DIAGNOSE HEAD LICE

- Search for head lice when hair is wet
- Work with small sections of hair
- Work from the scalp outward
- Use a fine-toothed comb, clear tape, a magnifying glass, and bright light