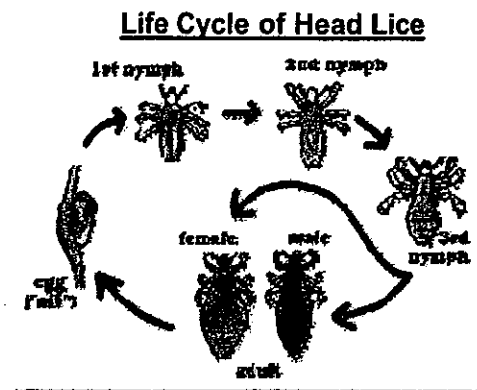


HEAD LICE FACTS

- Head lice do not spread disease.
- Head lice are tiny insects about the size of a sesame seed and can vary from white to brown in color.
- Head lice live only on a person's head and can only survive 1-2 days away from the scalp.
- Head lice do not jump or fly.
- Head lice can move quickly on dry hair, so they are difficult to see.
- Head lice bites can make the scalp itchy (but not always).



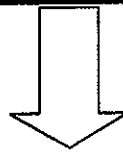
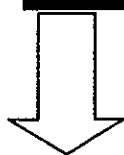
Permission requested from www.headlice.org

To see head lice photos click here: www.hsph.harvard.edu/headlice.html

- Adult head lice lay about 5-6 eggs (called nits) every day. These nits are glued to the hair very close to the scalp (within 6mm or ¼ inch).
- It takes 7-10 days for the nits to hatch into a nymph.
- It takes 7-10 days for a nymph to become an adult. During that time, it stays on the head, but does not lay eggs.
- You can find nits anywhere on the head especially behind the ears or on the back of the neck.
- You can't get rid of nits by brushing, or with a hair dryer.
- After the head lice hatch, the shell of the nit stays glued to the hair. If it is more than 6 mm or ¼ inch away from the scalp, it is probably empty.
- You can get head lice by touching heads with someone who has head lice, or by sharing combs, brushes and hats.
- Head lice are common where children play or work closely together.

HEAD LICE TREATMENT

TWO ACCEPTABLE TREATMENT OPTIONS**



OPTION A:

Head Lice Shampoo- Creams-Rinses

**Kill the Head Lice
&
Remove the Nits**
(within ¼ inch of scalp)

Special head lice products are used because they have been tested and determined to be a safe and effective treatment

OPTION B:

Wet-Combing

**Remove the Head Lice
&
Forget the Nits**

A non-chemical way to find and eliminate head lice.

Wet combing with hair conditioner immobilizes the lice.

Note: the research to support this method is unclear but many people say it works

****Do not combine treatment options as this can reduce effectiveness**

**OPTION A
HEAD LICE
SHAMPOO/CREAM/RINSE**

Kill the Head Lice and Remove the Nits

This option involves using two applications of a chemical head lice shampoo, cream or rinse, 7 to 10 days apart. The product kills the lice on the head but may not kill all of the nits therefore the nits need to be removed using a special "nit" comb or with your fingers. Head lice products should only be used during active infestations.

Ask your pharmacists about head lice products.

STEPS TO FOLLOW

DO	REMEMBER
<p>1. Check the heads of all family members. Check hair, especially behind ears and back of neck for lice eggs (nits) – look for white to light brown oval specks "glued" to the strands of hair, very close (within 6mm or ¼ inch) to the scalp.</p>	<p>1. If one person in the family has head lice, there is an increased chance that other family members have head lice too. Dandruff can be flicked off the hair; nits are glued to the hair. Use good lighting when doing head checks.</p>
<p>2. Only family members with live head lice or live nits should be treated. Carefully read and follow directions of the head lice product. Do not use conditioners for 1 week following treatment.</p>	<p>2. Unless you treat all family members who have head lice at the same time, head lice can be passed on from one person to another when heads touch. Conditioners can reduce the effectiveness of treatment.</p>
<p>3. Remove nits (within ¼ inch of scalp) Gently use "nit" comb (metal works best) or use your fingers to pull nits from the single strands of hair. Rinse nit comb or fingers in a sink or bowl of warm water and wipe dry after each stroke.</p>	<p>3. Metal nit combs are available at your local pharmacy. If the nit comb tugs the hair, it may be upside down. <i>Experts differ in their opinion on the need to remove nits. Nit removal is included as it helps ensure less eggs will hatch, thereby improving the effectiveness of the treatment.</i></p>
<p>4. Wash clothing worn in the past 2 – 3 days, bed sheets and pillowcases and then dry in the <u>hot</u> cycle of the dryer. If articles cannot be washed in hot water or dried on a hot cycle in the drier, put the items in a sealed plastic bag for 10 days or place the sealed bag in the freezer for 48 hours.</p>	<p>4. There is no evidence that a major clean up of the house is necessary to get rid of head lice. It is more important to treat the head lice and remove the nits. Only items that have been in direct contact with the affected person need to be washed e.g. shirts, jackets, hats, towels, combs, brushes.</p>
<p>5. Treat a second time 7 – 10 days later. Repeat step 3.</p>	<p>5. A second treatment will make sure that any head lice, which hatch after the first treatment, will be killed before they have a chance to lay any eggs. Two treatments and a follow-up check of the head with nit removal for 2-3 weeks is the best way to make sure head lice are gone.</p>
<p>6. If live head lice or new nits are found consult your Public Health Nurse or try Option B Wet Combing.</p>	<p>6. Wet combing breaks the life cycle of head lice by removing them before they are grown and able to reproduce.</p>

**OPTION B
WET COMBING**

Remove the Head Lice and Forget the Nits

This option is cheap and safe but is time consuming and requires that the steps be followed **carefully and completely**. Wet combing is based on the life cycle of head lice. It focuses on removing the live head lice and does not require removing the nits from the head although some people still choose to remove the nits. Combing treatments are done every 3 – 4 days over a two-week period. This breaks the life cycle of head lice by removing them before they are fully-grown and able to reproduce

Talk to your Public Health Nurse if you require further information.

STEPS TO FOLLOW

DO	REMEMBER
1. Wash hair with ordinary shampoo and rinse.	1. Note: On average, a wet combing session takes about ½ hour per person.
2. Apply at least ½ cup of conditioner (any brand) to thoroughly saturate the hair. Use more if long hair. Do not rinse out the conditioner.	2. Untangle hair with a regular wide tooth comb. Wet conditioner will immobilize the lice.
3. Comb sections of hair using a "nit" comb (metal works best). Divide hair into small sections. Firmly draw the comb from the scalp to the end of the hair. After each stroke, rinse the comb in a sink or bowl of warm water, and wipe dry. Continue section by section until the entire head is done. Make sure hair stays wet during combing with conditioner.	3. Metal nit combs are available at your local pharmacy. If the nit comb tugs the hair, it may be upside down.
4. Rinse hair. Leave hair dripping wet. Repeat Step 3 combing <u>without conditioner</u> , until no lice are found.	4. Check the comb and your fingernails for head lice (you don't want to give them a ride back to the head).
5. Repeat Step 1 – 4 every 3 – 4 days for two weeks.	5. Wet combing breaks the life cycle of head lice by removing them before they are full grown and able to reproduce.
6. After two weeks of wet combing if live head lice or new nits are found, try Option A Head Lice Shampoo or talk to your Public Health Nurse.	

DAYS TO WET COMB

1	2	3	4	5	6	7
8	9	10	11	12	13	14