

## WHAT ABOUT LICE?

Lice are small parasitic insects that mainly live at the back of the head, behind the ears, and around the hairline of the forehead. Eggs hatch in ten (10) days. Each louse lives for 20-30 days if left untreated.

Head lice **CANNOT JUMP OR FLY**, transmission is from person-to-person by direct body contact or by sharing objects from infested person.

We encourage each parent to take a pro-active response to lice concerns by doing the following:

1. Supervise daily shampoo of your child's hair (you can spot infestation early).
2. Teach your child to practice GOOD HYGIENE: don't share brushes, combs, clips, hats, helmets, clothing, scarves, headphones, etc.
3. Wash hands frequently.
4. Watch trying on hats, scarves, coats in stores because you don't know who tried them on before you.

## SYMPTOMS OF LICE

1. Persistent itch to the scalp
2. Rash or scratch marks
3. Inspection of hair shows small, silvery eggs attached to the hair root (They will not move like dandruff).
4. Live lice walking and will move quickly when a light is shined upon them.

There are many MYTHS about lice. You don't have to shave the head to get rid of lice and short hair won't prevent them. The use of hairspray does not prevent lice.

## TREATMENT OF LICE

Treatment consists of using lice shampoo (NIX, RID, etc) only when live lice or nits are found. Please **DO NOT USE** as a **PREVENTIVE** measure; this will not prevent lice. These medications are pesticides and you can create an environment where lice are resistant to treatment. The shampoo treatment must be repeated in one week from the initial treatment (please do not treat on hair more frequently than 1 week apart). Check all family members for the next 7-10 days. Boil or machine wash, with hot water greater than 130°F, any items that may have come in contact with the infested person in the last 48 hours (bedding, car seat covers, stuffed animals, etc). Items that can't be washed need to be placed in a plastic bag for two (2) weeks in order to suffocate the lice. Vacuum couches, chairs, mattresses and throw away the vacuum bag to prevent eggs from hatching.

Head lice only effects humans; NO need to treat pets. If you have any questions or concerns, please contact your physician.