

Head Lice Symptoms

- The most common symptom is itchiness of the scalp.
- Other symptoms may include:
 - *Tickling feeling or feeling of movement in hair
 - *Sleeplessness or irritability, as head lice are more active in the dark
 - *Sores on the head caused by scratching
- By the time lice is discovered or symptoms appear, lice may have already been present for four or more weeks
- It is easier to see lice in natural sunlight

For More Information:

<http://www.cdc.gov/parasites/lice/head/index.html>

References:

Parasites-Lice-Head Lice. (2013). Retrieved from:
<http://www.cdc.gov/parasites/lice/head/index.html>

Headfirst Lice Lessons. (2014). Retrieved from:
<https://www.nasn.org/ToolsResources/HeadLice/PediculosisCapitis/HeadfirstLiceLessons>

Contact Information:

Please contact the building health assistant at your child's school, or the district nurse at 877-5405 if you have any questions or to report a case of head lice. The health assistant and district nurse can help with identification, and provide information and assistance.

Head Lice



Information for parents

Stoughton Area School District

HEAD LICE

Quick Facts:

- Head lice are tiny wingless insects found on the head
- Lice survive by feeding on human blood
- Not known to spread disease
- Head lice can be tan or grayish-white in color, and are 2.1-3.3 mm long
- Lice are most commonly found at the back of the head at the neckline and behind the ears
- Head lice move by crawling; they do not fly or hop
- They are usually spread by direct head-to-head contact
- Head lice can infest anyone
- Personal hygiene or cleanliness has nothing to do with getting lice
- It is uncommon, but head lice can be spread by:
 - Wearing clothing such as hats, coats, scarfs of an infested person
 - Using an infested comb, brush or towel
 - Lying on a bed, couch or pillow or stuffed toy of an infested person

Treatment:

- We encourage you to check with your child's pediatrician or family doctor for guidance on treatment
- Treatment is recommended for presence of live lice or nits within ¼ inch or less from the scalp
- When using over-the-counter or prescription treatments, follow all of the directions carefully
- Follow all of the directions for retreatment
- There is no scientific evidence that home remedies are effective
- Put on clean clothing after treatment
- If there are no dead lice and lice are still active, call your child's doctor for further directions
- Use nit combs to remove lice and nits; you may also manually remove nits
- Continue to check hair every two to three days for two to three weeks after treatment
- Check other household members and treat if lice is found

Prevention:

To prevent infestation:

- Machine wash and dry clothing and bed linens that the infested person wore or used two days before treatment. Wash on the hot water cycle, and dry on high heat. Another way to prevent infestation is to place all items into a sealed plastic bag for two weeks.
- Wash combs, brushes and hair clips in hot soapy water or throw them away
- Vacuum all floors and furniture; car seat cloth cushions. (discard vacuum bag)
- Avoid head-to-head contact during play and activities
- Do not share clothing, such as hats, scarves, coats and hair ribbons
- Do not share combs, brushes and towels