



PREVENTION / PREVENCIÓN

The best prevention is parents who routinely check their children.

La mejor prevención sob los padres que revisan a sus hijos con frecuencia.

RESOURCES / RECURSOS

Centers for Disease Control

www.cdc.gov/parasites/lice/head/schools.html

American Academy of Pediatrics

www.aap.org/en-us/about-the-aap/aap-press-room/pages/AAPUpdates-Treatments-for-Head-Lice.aspx

National Association of School Nurses

www.nasn.org/ToolsResources/HeadLicePediculosisCapitis/HeadfirstLiceLessons
headfirstlicelessons.org/

VIDEOS

www.aad.org/dermatologya-to-z/diseases-and-treatments/e--h/head-lice/diagnosis-treatment

www.video.nationalgeographic.com/video/i-didnt-know-that/idkt-headlice



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It's not so nice to get lice!
¡No es divertido tener piojos!



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What is head lice?

Lice are very tiny and hard to see. The eggs of the lice, called nits, are whitish, and firmly attached to the hair strand. The nits are usually close to the scalp.

How do you get them?

- ▶ Nits or eggs must be laid by live lice. You can't "catch" them.
- ▶ Head lice spread through direct contact of the head or hair from an infested individual.
- ▶ They move by crawling. They do not jump or fly.
- ▶ Sharing of personal items such as hats, towels, brushes, hair ties.

How we do we get rid of head lice?

- ▶ There are a variety of over the counter shampoos that can be purchased and used as directed. Remember, shampooing does not remove nits.
- ▶ The best method to remove nits is to use a nit comb to remove ALL the eggs and live lice.

Removal Instructions:

- ▶ Work under a good light.
- ▶ Use a grooming comb or brush to remove tangles.
- ▶ Divide hair into small sections.
- ▶ Fasten off the hair that is not being worked on.
- ▶ Use a lice comb to go through the small sections from scalp to end.
- ▶ Remove debris from nit comb between.



¿Qué son los piojos?

Los piojos son diminutos y difíciles de ver. Los huevos de los piojos, llamados liendres, son de color blanco y están firmemente pegados al cabello. Los huevos usualmente están cerca del cuero cabelludo.

¿Cómo se contagian?

- ▶ Los liendres o huevos son puestos por piojos vivos. No es posible "atraparlos".
- ▶ Los piojos se propagan a través del contacto directo de la cabeza o del cabello de una persona infectada.
- ▶ Se arrastran. No saltan ni vuelan.
- ▶ Compartiendo artículos personales como sombreros, toallas, cepillos, ganchos para el cabello.

¿Cómo eliminamos los piojos?

- ▶ Hay diversos champús de venta libre que pueden usarse de acuerdo a las instrucciones. Recuerde que el champú no elimina los liendres.
- ▶ El mejor método es usar un peine fino para remover TODOS los huevos y piojos vivos.

Instrucciones de remoción:

- ▶ Trabaje bajo una buena luz.
- ▶ Use a grooming comb or brush to remove tangles.
- ▶ Divida el cabello en pequeñas secciones.
- ▶ Recoja el cabello que no está procesando.
- ▶ Use un peine de piojos y peine pequeñas secciones desde el cuero cabelludo hacia abajo.
- ▶ Remueva los desechos del peine.