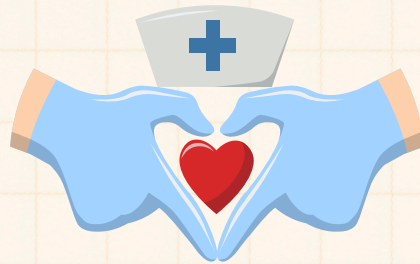


WHAT ARE HEAD LICE?

FACTS:



- Head lice are small, wingless insects that live on the human scalp
- They **DO NOT** jump or fly but crawl very fast
- Adult lice lay eggs, also known as nits, that are very tiny and hard to see
- Nits attach to hair with a glue-like substance, unlike dandruff which flakes away
- Nits are mostly found near the neck hairline and behind the ears
- Nits hatch in 7-10 days, and become lice



All information in this pamphlet has been adapted from the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), and the Massachusetts Department of Public Health (MA DPH).

Scan the QR Code for
MORE INFORMATION



HEAD LICE



ENGLISH

SIGNS & SYMPTOMS OF HEAD LICE

- Itchy scalp
- A tickling feeling or sensation of something moving on the head
- Irritability and sleeplessness
- Head sores from scratching
- Seeing nits on the hair shaft

*An adult louse may be difficult to spot because they move quickly

PARENTS SHOULD CHECK A CHILD'S HAIR IMMEDIATELY WITH ANY SIGNS AND SYMPTOMS OF HEAD LICE



TREATMENT OF LICE

- Use over-the-counter lice treatment and follow package directions
- Follow instructions on the treatment box fully, especially the total amount of time to leave treatment on the hair.
- If over the counter treatments don't seem to be working, contact your child's health care provider. They may recommend prescription treatment.

COMBING/PULLING OUT NITS IS IMPORTANT

- **NO LICE TREATMENT KILLS 100% OF NITS/EGGS.**
- **ALL NITS/EGGS MUST BE REMOVED TO PREVENT THEM FROM HATCHING, AND CAUSING MORE LICE TO APPEAR!!**

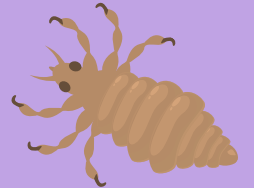
RE-TREATMENT

- Check hair everyday and pull/comb out nits until none are found.
- Re-treat hair In 7-10 Days if you see live lice.
- The school nurse will also plan to recheck within the plan discussed with you.



HOME TREATMENT

- Machine wash in hot water all clothing, towels, and bed sheets/blankets used during the two days before treatment. Use high heat drying.
- If you can't wash or dry clean items, seal them in a plastic bag for 2 weeks.
- Soak combs and brushes in hot water (at least 130°F) for 5 – 10 minutes
- Vacuum the mattress and cloth furniture where the affected person sat or lay.



PREVENTION

- Avoid head-to-head (hair-to-hair) contact during play and other activities at home, school, and elsewhere (sports activities, playground, slumber parties, over-night camp).
- No sharing of hair/head items.
- Pull long hair back or place in braids.
- Do not lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with a person infested with head lice.

