

Dear Parent or Guardian:

This is helpful information about head lice.

Please do not be alarmed, head lice is a common occurrence. Though bothersome, head lice will not harm children and adults, nor cause illness. Having head lice does not mean a person is unclean or the environment is dirty. Head lice are almost always transmitted from one person to another by head-to-head contact.

If you suspect head lice, examine your child's head and everyone else in the household for lice and or nits. If your child does have lice/nits, begin treatment.

Head lice information:

<http://pediatrics.aappublications.org/content/early/2015/04/21/peds.2015-0746.full.pdf+html>

<https://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatementsFullView/tabid/462/smid/824/ArticleID/40/Default.aspx>

For a humorous/information you tube video to watch see "Head lice to dead lice"

<http://www.youtube.com/watch?v=UCoZP5Aso5U>

Information about head lice:

What are they? Head lice are tiny wingless insects that live **only** on the human head (hair and scalp). Lice hatch from small eggs called nits. The nits are firmly attached to the individual hairs near the scalp and cannot be easily moved up or down the hair focal (as can specks of dandruff). Nit color ranges between white to brown. Nits may be found throughout the hair but are most often located at the back of the scalp near the neck and behind the ears. Nits will hatch after seven days. Once hatched, the nits are known as nymphs and within ten days, become adults/lice. Nymphs and adult lice can be found on the head and feed on human blood by biting and sucking blood from the scalp to live. An adult female louse can live up to 30 days and lay 5-6 eggs a day. Lice can survive 1-2 days away from the scalp. They need your head to live, to colonize and to lay eggs. Until a person with head lice is treated they can transmit them to others.

How should you check for head lice? You probably will not see the lice, only the eggs/nits. These are tiny, pearl-gray-brown, oval-shaped specks attached to the hair near the scalp. Look carefully, using a magnifying glass and natural light. Search for nits at the back of the neck, behind the ears, and at the top of the head. To comb through the hair, sit in a well-lighted area. Part the hair into small sections and comb through one section at a time. Be patient and thorough, it can take a lot of time. Use a fine-toothed louse or nit comb. Combs with metal teeth spaced close together seem to work best. Sit behind your child, and use a bright light (and magnification if needed), to inspect and comb through the hair, one small section at a time. Repeat combing until no more active lice are observed. Comb daily until no live lice are discovered for two weeks. It may take several hours each night for several nights to tackle the problem.

How does a person get head lice? Anyone who has close contact with an infested person or shares personal items can become infested. Lice are spread **only** by crawling from person to

person directly or onto shared personal items, such as combs, brushes, head coverings, clothing, bedding, or towels. Lice do not jump or fly they crawl. They are only passed through direct contact. Lice do not live on pets.

What should you do if your child has head lice? If your child does have head lice, everyone in your family should be checked, and anyone with nits should definitely be treated. There are two areas to focus on when tackling head lice: the bugs/lice and their eggs/nits. The eggs/nits lay along the hair shaft. The bug/lice climb or crawl through the hair to lay their eggs. Focus on the head.

The methods to choose from:

Head lice “shampoos” contain chemical insecticides that kill the bugs not the eggs these shampoos are available at the drugstore. Your health care provider can prescribe stronger head lice medications. These products must be used strictly according to direction, and are to be repeated only at the prescribed intervals. **Lice treatment products are pesticides and must be used with caution to avoid the health hazard of improper or repeated use. Do not use products that contain the ingredient Lindane.** It is very important to follow the directions on the label for the product to be effective. **Consult a physician before treating children less than 3 years of age, pregnant or nursing women, or people with extensive cuts or scratches on the head or neck.** Nits are encased in a hard shell this is why they survive after using these products. Some lice are resistant to these products. *Advantages these head lice shampoos are over the counter. Disadvantage may kill the bug usually does not kill the eggs, these products are pesticides, bug resistance to the product.*

“Suffocation” can smother the bugs but not the eggs. Lice have 2 lungs and can live submerged in oil for up to 2 hrs. Products used to suffocate the bugs can be a thick oil product such as olive oil or a thick *facial cleanser such as “Cetaphil” (Cetaphil is easier to wash out of ones hair than a oil product.) Coat the dry hair in the thick product saturating every hair focal covering the scalp so that there are no air pockets. Then blow-dry the hair with the soap or oil in it until it becomes dry and stiff (it will be sticky on the scalp). Keep on for 8 hours. Wash out. Do this treatment 2 nights in a row to help suffocate the live lice. Advantages chemical free. Disadvantage kills bug not eggs.*

All “nits”/eggs must be removed. This is a difficult and time-consuming process because nits have such a firm grip on the hair. You can remove them with a special nit-removal comb or pull each nit out between your fingernails. In most cases the shampoo does not kill the nits. It is important to remove nits in order to prevent re-infestation. Using a metal fine-tooth comb, taking very small sections of the hair, and combing through from the root along the entire length of the hair shaft. Depending on thickness and length, this is a time consuming but necessary step. Some nits will come off by using a fine toothcomb or with gauze dipped in vinegar and stretched through the comb before putting through the hair. If a nit remains on someone’s head, it may hatch and repeat the life cycle of lice. Checking the head daily with combing for the next two to three weeks reduces the chance for a reoccurrence. **Check for nits daily for the next 21 days.** *Advantage removing all of the nits is best practice riding one of head lice. Disadvantage the nits are very small and hard to see, this is a very time consuming procedure and one must be vigilant in practice and follow up for this to be effective.*

Extreme hot dry "heat" onto the hair seems to be effective in killing both the bug and the egg. The hot dry heat with a hair blow drier over small sections of the hair going very slowly has been effective in dehydrating nits and killing the bug. A hot flat hair iron can be helpful as well. www.lousebuster.com
Advantage in most cases kills both the bug and the egg, this procedure is quick and efficient. Disadvantage the professional service that uses the Lousebuster equipment is costly.

Head lice professional services :

www.hairfairies.com

www.nitfreenoggins.com

www.happyhairhelp.com

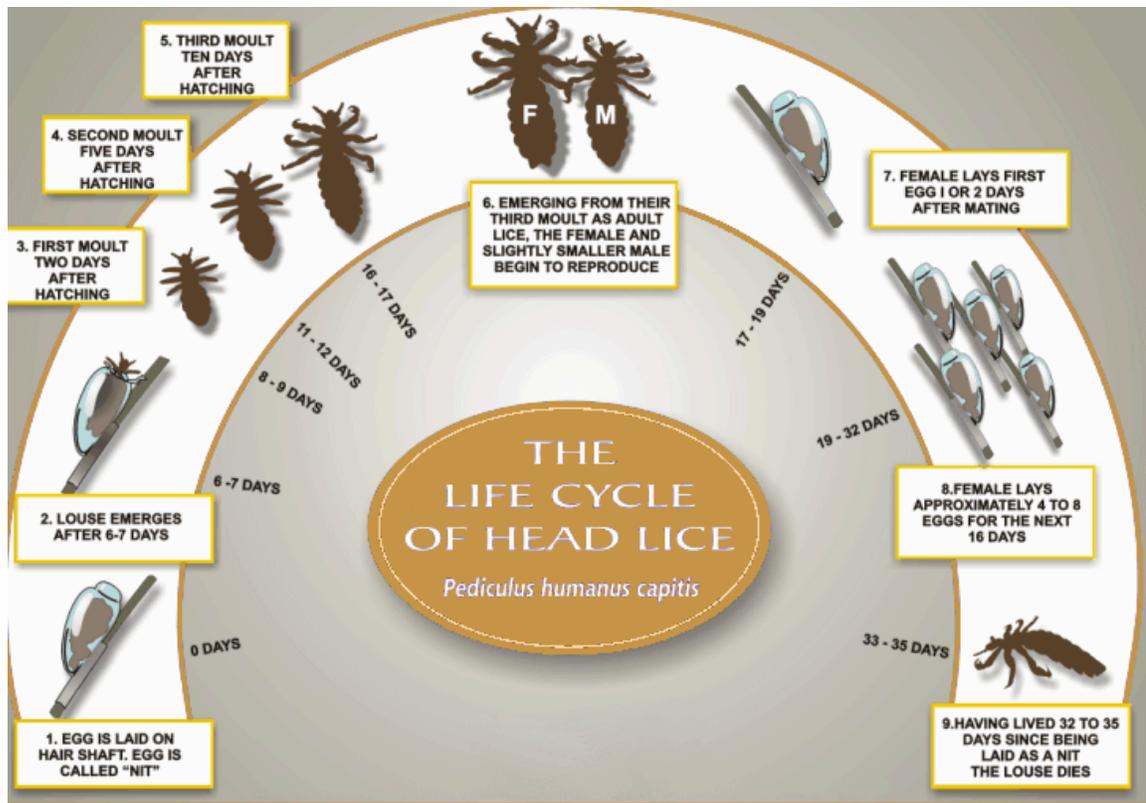
www.licedetective.com

www.thenitpickers.com

Clean personal items and surroundings: Combs, brushes, hats and other hair accessories in contact with an infested person should be washed in hot water each day to dislodge any lice or nits. Machine-wash all washable and possibly infested items in **hot** water. Dry them in a **hot** dryer. A clothes dryer set at high heat or a hot pressing iron will kill lice or their eggs on pillowcases, sheets, nightclothes, towels and similar items your child has been in contact with during the previous two days. (Lice and their eggs do not live more than one to two days off the head.) Put non-washable items (furry toys or pillows) in a **hot** dryer for 20 minutes Seal items that cannot be washed or dried in a plastic bag for 10 days (any eggs or lice present will die in this time) Lice and their eggs on objects (such as toys) may be killed by freezing temperatures. Objects that cannot be put in a clothes dryer can be placed in a freezer (or outdoors if sufficiently cold) for several days.

Cleaning the house and car: Thoroughly vacuum rugs, upholstered furniture, and mattresses Thoroughly vacuuming the house, car and furniture is all that is really necessary for cleaning the home. Place the vacuum bag out of the house when completed with your vacuuming. Insecticide spray treatments are not needed and unnecessarily expose family members to the insecticides. Wash bedding and recently worn clothing in hot water (140) and dry in a hot dryer for 20 minutes. Thoroughly vacuum sofa, auto headrests, carpeting, pillows, cushions and any other items that cannot be washed. Discard vacuum cleaner bag. Soak combs and brushes in very hot (not boiling) water for 10 minutes. **Do not use lice sprays, as they can be harmful if inhaled.** Items that cannot easily be washed or vacuumed can be sealed in a bag for 2 weeks.

When can your child return? If your child was diagnosed with head lice, he or she may return after treatment. Remember that you must keep checking your child's hair for new nit's everyday for at least 3 weeks and then periodically thereafter.



Here are a couple of simple things you can do to help deter possible head lice:

*Look at and get to know what is normal for your child's scalp. If you see something take it out put it on scotch tape and bring it to your school nurse for identification. The "critter card" will help you with identification of nits or lice.

*No sharing of any head items like hair brushes, combs, hats, helmets, dress up clothing, sport pennies, barrettes, hair ribbons....keep long hair in a braid.

*Note the cleanliness of any shared head rest areas: theater seats, air plane seats, amusement park rides, day care napping pads, frequently used sleeping areas, couches...

*Use hair gel products (The gel is thought to clog the breathing holes of the lice.)

*Tea tree oil (The tea tree oil is an astringent and has been suggested to deter the lice.)

*Vinegar and water rinse after regular shampooing (It is thought that the vinegar may loosen the nit's shell/glue hold on the hair follicle.)

* Do your hair grooming with a metal lice comb. Use a hot hair drier or hot flat iron regularly.

* Do a weekly head check and focus on the nap of the neck, behind the ears and top of the head. Look for signs of itching and scratching.

Please remember this is a nuisance and it is not an illness or a disease. These visitors love clean round hair follicles. No commercial product or technique is 100% effective. Being proactive and observing your child's scalp is the best thing one can do.

Please call when your child has lice. Call us when you need assistance.

Hubbard Woods Washburne Crow Island Greeley Skokie
847-446-1062 847-446-6260 847-446-1048 847-446-2638 847-441-2194 9/15