

# LICE FACTS

- Lice is the second most common issue for young kids (after the common cold).
- Anyone can get lice: girls, boys, moms, dads and teachers.
- Personal hygiene has nothing to do with getting lice. Lice prefer clean, dry scalps because it is easier for them to attach their eggs.
- Lice do not necessarily cause a head to itch. (It depends on how sensitive the skin is to lice.) Initial infestations may have no outward signs of symptoms for 4-6 weeks.
- Head lice do not jump but can crawl quickly and can be spread:
  - When people's heads touch or when they share brushes, combs, hair accessories and/or hats.
  - When clothing (such as sweatshirts, sweaters and jackets) are commingled.
  - When sports equipment (such as helmets) are shared.
  - Via bedding, backpacks, pillows, blankets, towels, stuffed toys and sleeping bags.
- Head lice need human blood to survive and cannot live off the human head for more than 24-48 hours. (Family pets cannot contract or spread head lice).
- Chlorine in pools will not kill lice They can survive under water for 48 hours; however, lice is not spread by swimming pools.
- No immunity can be built up against re-infestation after having a case. Lice, however, can become resistant to certain over the counter lice treatments. (Rumored to be true with Nix and Rid).
- If someone in the family has lice there is an 80% chance that it has spread to at least one other family member.
- There are **3 stages of the life cycle** of head lice: the nit (egg), the nymph, and the adult (live bug).
  - Head lice become adults in 7-10 days, when they can start to lay their own eggs.
  - Adult lice lay 3-8 eggs/nits per day. They take 7-10 days to hatch.

## How To Prevent Head Lice:

- Tie long hair into a pony tail or bun.
- Tell your children not to hug or touch their heads to other children's heads.
- Don't share anything that is worn on the head (headbands, hats, helmets, etc.).
- Have your children keep their jackets, hats and sweaters in their closed backpack at while school.
- Use "Lice Defense" sprays and shampoos.
- Perform head checks at least every seven days with a metal lice comb.

## Lice! What Now?

To eliminate a case of lice you must remove both live bugs and nits (eggs) from the hair. Lice shampoos may only kill 70-80% of the lice bugs, and they *do not kill nits*. Nits need to be removed manually. If all nits are not removed, you are likely to have a re-infestation. It can take hours to comb out all the nits and you will need to check daily for several weeks to avoid a re-infestation.

- **To treat head lice concentrate on the head:** Plan ahead and have your preferred treatment on hand. There are pesticide and natural solutions, over the counter as well as prescription; read the labels and choose carefully. Follow the directions. There are also lice removal centers that specialize in eliminating head lice and guarantee their services.
- After the initial head lice treatment, you MUST continue to comb with a lice comb (preferably metal), every day for a minimum of 7-10 days in order to ensure all nits are removed. Comb each section starting at the scalp and pulling the hair all the way through the comb. Pin up the combed section before moving to a new section. Sterilize the comb after each use. A retreatment should be done 7-10 days after the initial treatment in order to break the life cycle.
- In your home, wash everything the infested person has been in contact with during the last two days in hot water and dry on high heat. This includes sheets, pillow cases, towels, blankets, clothing, backpacks and stuffed animals.
  - Anything that can't be washed, put in the dryer on high heat for 30 minutes.
  - Anything that can't be washed or dried, place in a plastic garbage bag and set aside for a minimum of 2-3 days.
  - Carpets, couches and car seats should be vacuumed.

## Visuals

- To see what nits and live lice look like in the hair go to <http://www.headlicespecialist.com/our-services/service-two/>



- Eggs/nits start cream color, then change to tan, reddish-brown then brown, often appertain to be the same color as the hair they are on before hatching. (Eggs/nits look like a knot tied in the hair).
- Eggs/nits are always oval in shape and tiny.
- Adult live lice will look similar to a grain of wild rice and will move quickly away from the light.

## Lice or No Lice?

To check your child for head lice, follow these steps:

- 1) Seat your child in a brightly lit room or outside in direct sunlight.
- 2) Look for red areas behind the ears and nape of the neck just above and below the hairline. This is where they sometimes bite.
- 3) Part the hair into small sections. Eggs/nits will be firmly attached to the hair. Eggs/nits may be easier to see at the hairline at the back of the neck or behind the ears, however they can be found anywhere on the head.
- 4) Comb through the small sections using a lice comb, fine-tooth comb or flea comb. After each comb-through, wipe the comb on a white paper towel or shake off in a white bowl of water so you can easily spot what you have removed from the head.
- 5) Use a magnifying glass or loupe when examining any debris removed from the scalp. Dandruff is much easier to comb out of the hair while eggs/nits stick to the hair shaft and are much harder to remove.

## What To Do Next

- NOTIFY YOUR TEACHER so she can inform the class that there has been a case of lice in the classroom. She/he doesn't have to name your child. If 2 or more children in a classroom have been confirmed with lice at the same time then the entire class will be checked.
- Sarah Smith has a "no live lice policy" which means that your child will not be allowed back to school unless there is proof they have been treated for lice and they have been cleared by the school as lice free. If you have any concerns, please contact your child's teacher.
- Common courtesy: call/email the parents of the children your child has played/carpooled with the past week and suggest they check for lice. You can request they not say who has lice.

## For More Information

- [www.theliceladyofwestchester.com/Headlice\\_101.html](http://www.theliceladyofwestchester.com/Headlice_101.html)
- [pediatrics.about.com/od/headlice/ht/08\\_prevent\\_lice.htm](http://pediatrics.about.com/od/headlice/ht/08_prevent_lice.htm)
- [www.headlicesspecialist.com/our-services/service-one/](http://www.headlicesspecialist.com/our-services/service-one/)
- [nuvoforheadlice.com/test/](http://nuvoforheadlice.com/test/)
- [www.amazon.com/Nit-Free-Terminator-Professional-Stainless/dp/B000HIBPV8](http://www.amazon.com/Nit-Free-Terminator-Professional-Stainless/dp/B000HIBPV8)
- [http://dph.georgia.gov/sites/dph.georgia.gov/files/related\\_files/document/HEAD%20LICE%20MANUAL%202014.pdf](http://dph.georgia.gov/sites/dph.georgia.gov/files/related_files/document/HEAD%20LICE%20MANUAL%202014.pdf)

## Lice Removal Services

(Sarah Smith Elementary does not endorse or vouch for any of these vendors. This information is provided only as a courtesy. )

- Elimilice - 404-704-2200 ([www.elimilice.com](http://www.elimilice.com))
- Head Hunters - 770-702-8980 ([www.headlicesspecialist.com](http://www.headlicesspecialist.com))
- Pediatric Hair Solutions - 404-692-6478 ([www.pediatricchairsolutions.com.gl.calls.net](http://www.pediatricchairsolutions.com.gl.calls.net))
- Lice Removal Atlanta - 678-761-4006 ([www.liceremovalatlanta.com](http://www.liceremovalatlanta.com))