

Catholic Mutual Group
10843 Old Mill Road
Omaha, NE 68154

Phone # (800) 228-6108
Fax # (402) 551-2943



References:
www.cdc.com
www.headlice.org

MANAGING HEAD LICE SAFE- LY

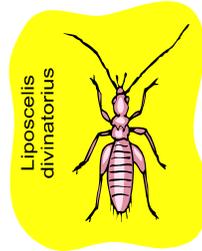


HEAD LICE

Head lice are tiny insects that live on the scalp. They can be spread by close contact with other people. They are easiest to see on the neck and over the ears. Tiny eggs on the hair look like flakes of dandruff.

Head lice can survive up to 30 days on a human. Their eggs can live for more than 2 weeks. Lice on the scalp and clothing may be difficult to see, unless the infestation is heavy. If you see something moving, it's called a louse.

Head lice have become an increasing problem in schools and day care centers.



SYMPTOMS

- ◆ Intense itching of the scalp
- ◆ Small, red bumps on the scalp, neck and shoulders (bumps may become crusty and ooze).
- ◆ Tiny white specks (eggs or nits) on the bottom of each hair that are hard to get off.

SIGNS OF LICE

- ◆ Use disposable gloves and look at the person's head under a bright light. A magnifying glass can help.
- ◆ Part the hair down to the scalp in very small sections, looking both for moving lice and eggs. Look at the entire head, also look closely around the top of the neck and ears, as this is the most common location for eggs.

TREATMENT

- ◆ Lotions and shampoos containing 1% permethrin. They can be purchased over-the-counter.
- ◆ First, rinse and dry the hair, apply medicine shampoo to hair and scalp. After 10 minutes, rinse it off. Check for lice and nits again in 1 week.
- ◆ Removal of eggs can be done with a nit comb. Before doing this, rub olive oil or some dishwashing detergent into the hair. This helps to make the nits easier to remove.
- ◆ Metal combs are more effective than plastic.
- ◆ Wash all clothes and bed linens in hot water with detergent.
- ◆ Repeat combing for nits in 7-10 days.

PREVENTION IS THE KEY

Never share hair brushes, combs, hair pieces, hats, bedding, towels, or clothing with someone who has head lice.

If your child has lice, do not allow them to be at school until the lice has been completely treated.

