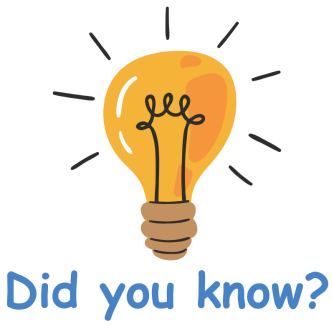
Tips for preventing Lice

What is Head Lice? Lice, or pediculosis, are very tiny insects. They need to be next to the skin to survive. Lice lay eggs, or nits, which stick to hair shafts. Head lice are a common problem in children and anyone can get them. Having head lice is not a sign of poor personal hygiene or an unclean environment. Though head lice are a nuisance, they do not carry any diseases. Nevertheless, it is important to treat lice to get rid of them. If you have any questions, please consult your healthcare provider.



HOW LICE SPREAD:

- Head lice crawl, but can't jump or fly
- Spread through direct contact (most common)
- Spread through objects (less common but still possible)

SYMPTOMS INCLUDE:

- Itching and scratching of the scalp, **although this may take up to 4-6 weeks to appear**
- The presence of lice - small tan or grayish bugs on the scalp or adhering to the hair shafts
- Nits (lice eggs), are whitish or brownish, oval in shape, and about the size of a pin head
- Nits are sticky and difficult to remove from the hair shaft
- Sores on the scalp, neck, and shoulders from scratching

WHAT TO DO IF YOU HAVE LICE:

- Receive treatment for lice: check with your healthcare provider for treatment options
- Separate the hair into small sections using a fine-tooth comb and remove all nits
- Continue to check/remove nits every 2-3 days for 3 weeks

NOTE: Stopping too soon may result in the return of lice





STEPS YOU CAN TAKE:

- As a courtesy, notify parents of children that your child may have been in contact with so they may check for lice and receive treatment if needed
- Check all household members for lice and treat as needed
- Avoid head-to-head or hair-to-hair contact during play or other activities
- Wash articles of clothing, pillow cases, sheets, towels, hair fasteners with hot water and dry using the hot heat cycle
- Soak combs/brushes in hot water or replace
- Place stuffed animals in plastic bags for 14 days
- Vacuum carpets, furniture, mattresses, car upholstery, and car seats
- Do not share hats, combs, brushes, or hair accessories
- **Be proactive in checking for lice/nits. Tip: Check on the 1st of the month!**

