

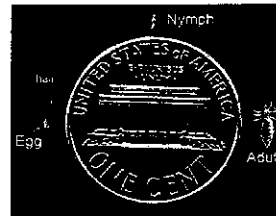
FACTS ABOUT HEAD LICE

What does head lice look like? Since adult lice are the size of a sesame seed (2-3mm), head lice can be seen by the human eye. They live in human hair, draw blood from the skin, and lay eggs (called nits) on the hair shaft. Live nits are found less than 1/2 inch from the scalp and most often on hair at the back of the head in the neck region. Some children with lice complain of itchiness but many have no symptoms.

Is your child at risk? Yes. Head lice will spread as long as children play together. They spread almost completely through human hair to hair contact, and pets do not spread lice. Anyone can get head lice. Children in child care, preschools, elementary or middle schools are at risk. Head lice are NOT a sign of being dirty. Head lice are not dangerous and DO NOT spread diseases.

What can you do? Parents are the key to looking for and treating head lice! The Iowa Department of Public Health advises parents to spend 15 minutes each week on each child carefully looking for head lice or nits. Persons with nits within ¼ inch of the scalp OR live lice should be treated. Careful use of a nit comb can potentially remove all lice. Each child should have his or her own comb or brush. Teach your child NOT to share hats, scarves, brushes, combs, and hair fasteners.

Treatment: The Iowa Department of Public Health recommends a 14-day treatment process. You may use over-the-counter products. They are safe and not costly. Mark your calendar to help you keep track of treatment.



Lice at various stages of their life cycle

Treatment Calendar

- | | |
|--|---|
| <input type="checkbox"/> <u>Day 1</u>
Medicated shampoo | <input type="checkbox"/> <u>Day 8</u>
Shampoo, condition and COMB |
| <input type="checkbox"/> <u>Day 2</u>
COMB only
DO NOT WASH | <input type="checkbox"/> <u>Day 9</u>
Shampoo, condition and COMB |
| <input type="checkbox"/> <u>Day 3</u>
Shampoo, condition and COMB | <input type="checkbox"/> <u>Day 10</u>
Medicated shampoo |
| <input type="checkbox"/> <u>Day 4</u>
Shampoo, condition and COMB | <input type="checkbox"/> <u>Day 11</u>
COMB only
DO NOT WASH |
| <input type="checkbox"/> <u>Day 5</u>
Shampoo, condition and COMB | <input type="checkbox"/> <u>Day 12</u>
Shampoo, condition and COMB |
| <input type="checkbox"/> <u>Day 6</u>
Shampoo, condition and COMB | <input type="checkbox"/> <u>Day 13</u>
Shampoo, condition and COMB |
| <input type="checkbox"/> <u>Day 7</u>
Shampoo, condition and COMB | <input type="checkbox"/> <u>Day 14</u>
Shampoo, condition and COMB |

14 Day Treatment Guidelines

- The treatment days are scheduled to interrupt the lifecycle of the insect. A **nit comb** should be used to comb the hair and can be bought at most pharmacies.
- Day 1: Use an over-the-counter medicated head-lice shampoo containing pyrethrin or permethrin. Read and follow all directions on the shampoo.
- Day 2: COMB hair carefully for 15 minutes from the scalp to the end of the hair. Do not wash hair today.
- Days 3-9: Wash the hair using your regular shampoo. Rinse. Apply hair conditioner to make the hair slippery. COMB the hair the entire length from the scalp to end of hair. Wipe the comb between each stroke with a paper towel, which removes any lice or nits. Keep hair wet while combing. COMB all hair for at least 15 minutes.
- Day 10: Use an over-the-counter medicated head-lice shampoo. (to kill any lice that hatched since the previous medication use) Read and follow all directions on the shampoo.
- Day 11: COMB hair carefully for at least 15 minutes from the scalp to the end of the hair. Do not wash hair today.
- Days 12-14: Wash the hair using regular shampoo. Rinse. Apply hair conditioner to make the hair slippery. COMB the hair the entire length from the scalp to the end of hair. Wipe the comb between each stroke with a paper towel, which removes any lice or nits. Keep hair wet while combing. COMB all hair for at least 15 minutes.