

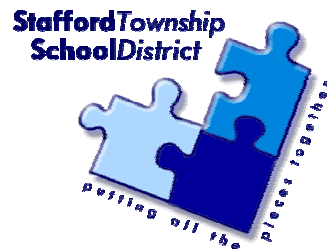
ods are effective at killing the Lice and nits on the head. Some of these remedies include olive oil, mayonnaise, tea tree oil, petroleum jelly and hair dryers. Among substances which should never be used are kerosene, gasoline and pesticides not registered for treatment of Lice.

How difficult is it to remove all the nits? Hair should be examined in small sections and the nits removed with a nit comb (some people prefer flea combs, fingernails or tweezers). Certain commercial products and white vinegar may help loosen the glue holding the nits to the hair, but it will often take many hours over a period of days to remove all of the nits. Because of many reports of lice which are resistant to pediculicides, it is particularly important to remove all of the nits close to the scalp.

How can my family avoid being infested? All contacts of an infested person should be examined and treated if necessary. The examination and treatment of contacts should be done simultaneously. Treated persons should be checked for at least two weeks to be sure the lice and nits are gone. Family members should avoid sharing combs, brushes, towels, and other personal items. It is a

good idea to check your child's head preventatively throughout the year.

What else can be done to prevent the spread of Head Lice? Any stray Lice and nits on clothing, towels and bedding that the infested person touched during the two days before treatment will be killed by machine washing and drying at temperatures over 128°F. Dry cleaning also kills Lice. Stuffed animals and clothing that cannot be washed or dry cleaned may be sealed in a plastic bag for two weeks to kill all Lice and nits. Combs and brushes can be soaked for an hour in 2% Lysol solution or heated in a pan of water to 120°F for ten minutes.



For additional information contact your school nurse at 609-978-5700

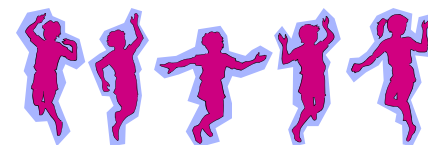
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What you should know about Head Lice





Head Lice

What are Head Lice? Head Lice are small, wingless, grayish-white insects, about 1/16 to 1/8 inch in length, which spend their entire life cycle on the heads of humans as bloodsucking external parasites. Head lice have claws especially adapted for clinging to hair shafts.

Where are Head Lice found? Head Lice are rarely found off the head. They are most commonly found in the hair above and behind the ears and near the nape of the neck.

What is a “nit”? The nit is a louse egg which is always glued by the female to the base of the hair shaft, only three to four millimeters from the scalp. A female can lay 50-150 eggs over a three to four-week period.

What is the life cycle of the Head Louse? Head Lice eggs hatch after seven to nine days into the first nymph stage, which looks like a miniature adult. The nymph takes a blood meal by biting the scalp soon after hatching and continues to feed every three to six hours. In about nine days, the louse will have passed through two more nymphal stages

and have achieved the adult stage. The adult remains on the head for its entire lifetime.

How does a person get Head Lice? Head Lice are usually transmitted by close personal contact with the hair of an infested person. However, transmission can also occur through the sharing of personal items such as hats, headbands, coats, beds, bed sheets, brushes or soft toys.

How long do Head Lice live away from the head? Head Lice cannot normally survive for more than 48 hours without a blood meal; therefore, they will not survive for long off the head. Very few nits will hatch away from the head, and nymphs which emerge will die very soon without a blood meal.

What are the symptoms of pediculosis (and infestation of Head Lice)? While persons with light infestations may not notice any problem, itching is the most common symptom, caused by an allergic reaction to the bites. Other symptoms include a tickling feeling of something moving in the hair, irritability and sores on the head caused by scratching.

Can Head Lice transmit any disease? Head Lice do not transmit any diseases. Sores caused by scratching and crusting can result in secondary bacterial infections.

What is the treatment for Pediculosis? To treat Head Lice infestation, an over the counter or prescription shampoo, lotion or cream rinse



is used. The instructions of your health care provider and the product label should be followed carefully when using any pesticide medication. Treatment failures are common. If active Lice are observed 8-12 hours after treatment, consult again with your health care provider regarding the use of a different product.

Will the medication kill the nits? There is no guarantee that any product kills all the eggs. Thus, it is extremely important that the hair and scalp be thoroughly checked every 2-3 days after treatment and all nits and Lice are removed. Most Head Lice products recommend a second treatment in 7-10 days after the first, in order to kill any nymphs which emerge from the eggs.

How effective are alternative treatments? Many alternatives to pediculicides (products designed to treat Lice) have been promoted because of treatment failures. Unfortunately, there is little documentation that these meth-