

# Head Lice

## Quick Help

### If you think your child has head lice

- Tell your childcare provider or call the school.
- Treat your child for head lice and check child's head and remove nits daily. **It takes at least 2 weeks to get rid of lice.**

If all nits within 1/2" of the scalp are not removed, some may hatch and your child will be infested again.

- Check everyone in the house for head lice. Treat only household members with health lice and treat them all at once.

### Need to stay home?

**Yes, at the end of the program or school day.** Readmit to the group setting after the child has received the treatment recommended by the child's healthcare provider.

**Head lice are very small, brownish-colored insects that live on the head. They are less than 1/8" long, about this size (-). They lay eggs (nits) close to the scalp.**

### Symptoms

Itching of the head and neck. Look for: 1) crawling lice in the hair, usually there aren't very many, 2) eggs (nits) glued to the hair, often found behind the ears and at the back of the neck, and 3) scratch marks on the head or back of the neck at the hairline.

If your child is infested with lice—it will take 7 to 10 days from when the eggs are laid until they hatch.

### Spread

- By head-to-head contact. Check you child for lice often.

Lice do not jump or fly; they crawl and can fall off the head. Head lice do not live longer than 48 hours off the head. They only lay their eggs while on the head. The eggs do not hatch if they fall off the head. Lice do not spread to or from pets.

### Contagious Period

Until treated with a lice killing product.

### Call your Healthcare Provider

- Call for advice. Recommended treatment included using either a prescription or store-bought lice killing product. **Follow the instructions carefully.**

For more information, please visit or call:  
Oldham County Health Department  
1786 Commerce Parkway, LaGrange KY 40031  
502-222-3516 ext. 136  
[www.oldhamcountyhealthdepartment.org](http://www.oldhamcountyhealthdepartment.org)



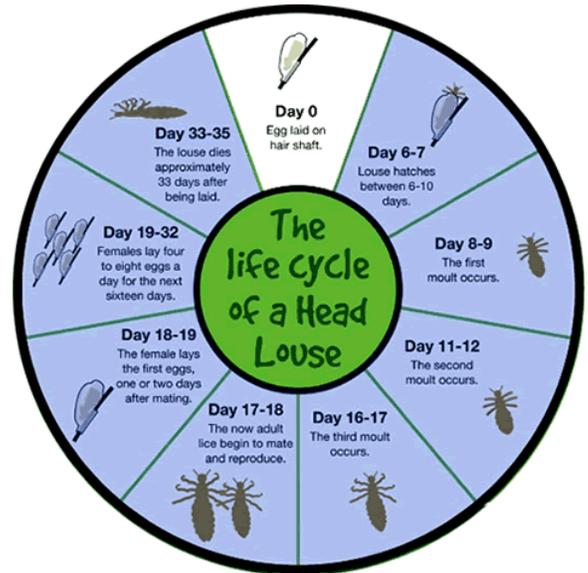
Your child may have been exposed to:

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### Prevention

- Never share hair grooming items and hair accessories (barrettes, combs, brushes, etc.). Clean all hair items by soaking in the lice treatment product for 10 minutes or cleaning with hot, soapy or boiling water for 5 minutes. Never share towels, bedding, clothing, hats and headgear.
- Check your child's head every month. If one person in the home has head lice, others should be checked too. Sleepovers are a common place for head lice to spread. Check your child's head after a sleepover and wash all bedding brought home from the sleepover.
- Vacuum carpets, upholstered furniture, mattresses and seats in the car(s) thoroughly. **Insecticide sprays are NOT recommended** because this will expose household members to unnecessary pesticides.
- Wash clothing worn in the last 3 days, bedding and towels in hot water and dry in a hot dryer for at least 20 minutes before using again. Items that cannot be washed/dried can be dry cleaned or sealed in plastic for 2 weeks.



### How to Remove Nits

Work in a well lit room or under a bright lamp (using a magnifying glass may help you see the nits)

- Divide the hair into 4 parts and divide each part into 1-inch sections.
- Starting at the scalp, use a metal nit comb, cat flea comb or your fingernails to comb each hair section individually.
- Use the comb or your fingernail to slide eggs off the hair shaft or use scissors to cut hair shafts that have nits glued to them.
- Remove all nits each time you comb the hair.
- **REMEMBER: it can take at least 2 weeks to get ride of lice.**

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