



# Head Lice

#### What is it?

- Tiny bugs about the size of a pin-head that are found behind the ears and near the neckline at the back of the neck.
- You can see lice if you look closely through the hair and scalp for nits (eggs), nymphs (young lice) or adults.
- Finding a nymph or an adult may be difficult; there are usually few of them and they can move quickly from searching fingers.
- If crawling lice are not seen, finding nits within a 1/4 inch of the scalp confirms that a person has lice and should be treated.
- Lice are only found on humans. Lice are not found on cats, dogs or any other household pet.
- Lice do not have wings so they cannot fly or jump.

#### How is it spread?

- By direct contact with someone who has head lice. Contact is common during play at school and at home (slumber parties, sports, activities at camp or on a playground).
- By sharing personal items that have been used by a person who has lice (hair brushes, hats, sports uniforms, hair ribbons, pillows, towels and bedding).

## What can be done to prevent the spread of it?

- Do not share personal items and clothing (hair brushes, hats, pillows).
- If lice are found, tell close contacts such as family members, friends and classmates so that they can be checked for lice.

Lice products do not kill all of the eggs, so a second treatment 7 days after the first treatment is needed. This will kill the newly hatched lice.

#### Is there treatment for it?

Yes. Use a head lice product from your pharmacy. Home remedies are not recommended.

Make sure to do the following:

- Read and follow all the directions included with the purchased head lice treatment.
- Use a fine-tooth comb to remove nits from the hair.
- Wash personal care items, clothing and bedding in hot soapy water and dry in a hot dryer for 20 minutes to kill lice and eggs. Dry cleaning is acceptable for items not recommended for washing.
- Seal non-washable items in a plastic bag for 2 weeks.
- Continue with regular housekeeping practices.

#### Call your doctor or pharmacist before you use any product if:

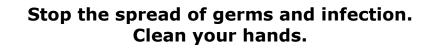
- Anyone has allergies of any kind, especially to mums(chrysanthemums), ragweed and synthetic pyrethroids (insecticide)
- Anyone has a seizure disorder.
- You are pregnant or breastfeeding and you need treatment or you need to treat other people.
- Your child is under 2 years old.
- You find lice on the eyebrows, eyelashes or beard.
- The skin of the scalp is broken or infected.
- Head lice continues to re-occur.

## For more information visit:

CDC Centers for Disease Control and Prevention

https://www.cdc.gov/parasites/lice/

# Adherence to Infection Prevention and Control measures by staff <u>and</u> visitors is required to prevent spread infection.





This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask Infection Prevention & Control or your health care provider.