

## Parent Information Sheet Head Lice

- Make sure you know it is really lice. A person has head lice if they have crawling bugs on their head or nits close to scalp. If they have nits only it may or may not be an active infestation. If the nits are further than ¼ inch away from the scalp it is not as likely to be active.
- Head lice are spread through direct head-to-head contact.
- Nits are tiny white egg sacks that are attached to the hair shaft with a glue like substance they can easily be confused with dandruff or other material. You cannot tell by looking at the nit if it holds a living louse or if it is just an empty shell. You should not treat someone if you see nits only. These should be removed with a metal nit comb or pulled down the hair shaft by hand.
- Treat only the infested person using an over-the-counter or prescription medication, FOLLOWING THE DIRECTIONS CLOSELY. If the medication is over-the-counter it should contain pyrethrin or permethrin. Do NOT use if any allergies to these medications!
- After treatment, check hair every 2-3 days and use a nit comb to remove any nits or lice you see.
- Retreat with the same product in 7 to 10 days.
- Check all treated persons for 2-3 weeks after you think all lice and nits are gone.
- Machine wash all washable clothes and bed linens that the infested person touched the 2 days before treatment. Use the hot water cycle to wash clothes and dry using the hot cycle for at least 20 minutes.
- Vacuum all furniture and vehicle seats that the infested person came in contact with the 2 days before treatment.
- Do NOT treat the infested person more than 3 times with the same medication. If it does not seem to work see your health care provider, or school health for assistance!!!!!!
- Do NOT use household sprays. They are not recommended and can be toxic if inhaled.

Sources: Centers for Disease Control. Fact sheet, Treating Head Lice.  
Harvard School of Public Health: Head Lice information.