

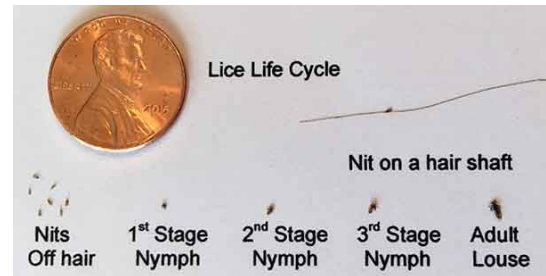


ATTLEBORO PUBLIC SCHOOLS Health Services

HEAD LICE: PARENT INFORMATION SHEET

Pediculosis, or head lice affects approximately 6 to 12 million children between the ages of 3 and 12. Head lice are tiny, wingless insects that live close to the scalp. The adult louse is about the size of a sesame seed and can be the color of your child's hair. Eggs or nits are smaller and gray to white in color. They crawl and do not fly or jump. Head lice feed only on human blood to live. Common signs are itching and head scratching.

If your child comes home with head lice, *don't panic*. Anyone can get head lice. Head lice are spread by direct head to head contact or by sharing personal items such as combs, brushes or hats. Head lice has nothing to do with cleanliness or poor hygiene. Head lice is easily managed. See instructions below:



Nits (eggs) present:

- **Manually remove the nits.** Comb daily using a fine-tooth lice comb.
- Check **all household members**, including all adults in the house.
- Continue to **check hair and comb out nits** for the next 10 days or until they are all gone.

Live head lice present:

- Use a pediculicide shampoo **according to package directions**. Keep to directions time-line. Do not treat too early due to the head lice's life cycle.
- Use a fine-tooth lice comb to **thoroughly comb hair** daily. Wet the hair and divide into sections.
- Launder in hot water; bedding, pajamas, towels, and clothing your child has worn over the last two days.
- Examine hair daily for the next ten days and use the Lice comb to remove remaining nits.
- Check **all** household members, including adults. If live lice found, treat as above.
- A second application of the pediculicide may be needed in 7 -10 days **according to package directions** after the first treatment and follow through with laundering and nit removal.

HELPFUL HINTS:

- **If live lice still persist after two treatments** -consult your physician for a prescription-strength pediculicide shampoo.
- Obtain, read, understand and **follow shampoo label directions exactly**. DO NOT OVERTREAT.
- **Comb or manually remove nits** - doing this daily goes a long way to control re-infestation.
- Continue to comb and remove nits over the next two weeks.
- It may take 3 or 4 weeks before you notice symptoms. It also may take 3 or 4 weeks before you are sure the lice are gone.

Web Information:

- 1.) Attleboro Public Schools: www.attleboroschools.com →Families→Health Information
- 2.) CDC website: www.cdc.gov/parasites/lice/head/
- 3.) Dr. Pollack: <https://identify.us.com/>