

Pueblo City-County Health Department
Pueblo City Schools
March 2016



Prevent • Promote • Protect



Lice

What Parents Need to Know

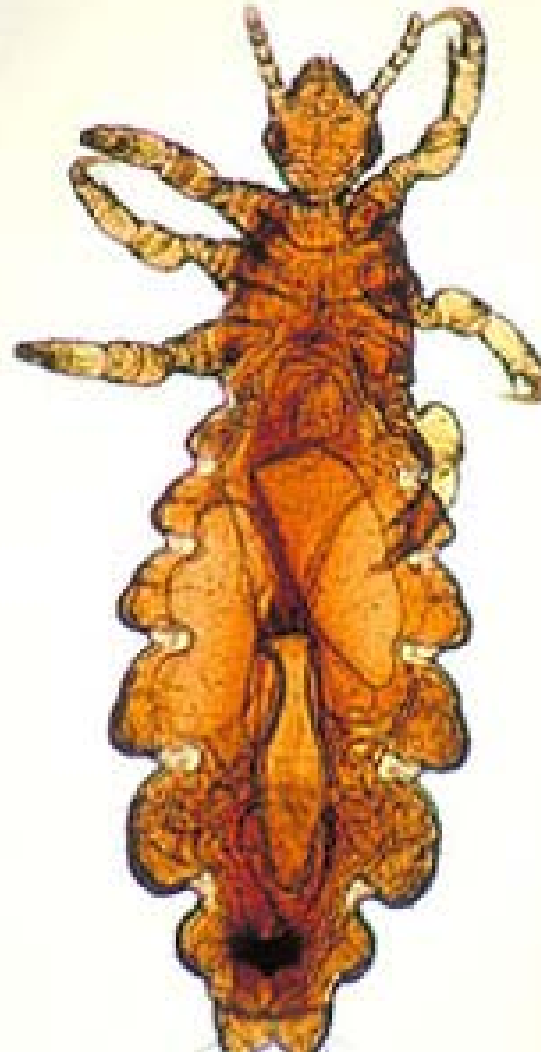
Nuisance Infections

- Types
 - Head Lice
 - Pin worm
 - Ring worm
 - Scabies
- Have not been shown to spread disease
- Not reportable to public health

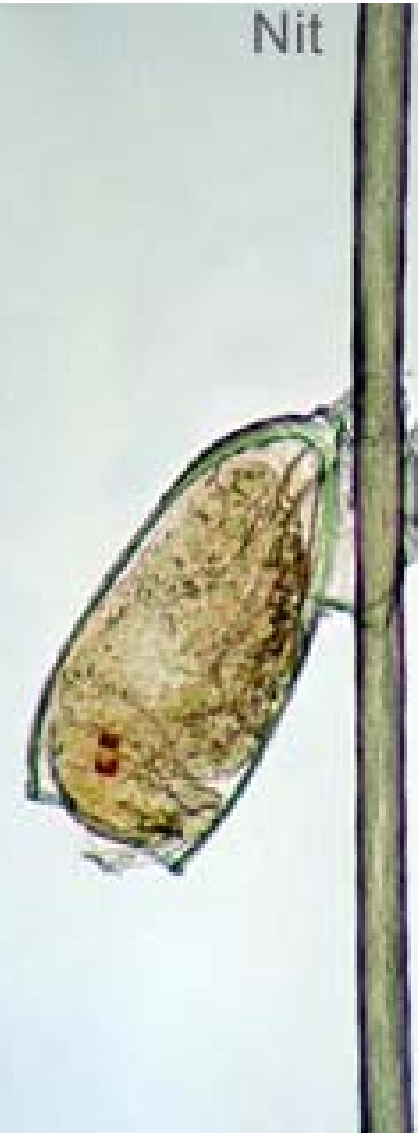
Head Lice Are...

- Wingless parasitic insect that cling to scalp/neck, feed on human blood
- Adult lice, called head louse, is the size of a sesame seed, 2-3 mm long
- Lice eggs called nits are glued onto hairs near the scalp can be harder to see

Head Louse



Nit



Symptoms of Head Lice

- Spotting a live louse is often the only sign of infestation
- Tickling feeling on the scalp
- Itching caused by the bite
- Irritability and difficulty sleeping, head lice are most active in the dark
- Sores on the head caused by scratching, which can sometimes lead to infection



Who Gets Head Lice

- Most common among children 3–11 years of age and household members of infested children
- Children this age often play together closely and with more head-to-head contact
- May share brushes, hats, hair clips
- Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice



How Head Lice Spread

- Direct head-to-head contact allows the pests to crawl from one person's hair into another's during play at home, school, slumber parties, sports activities or camp
- Lice move by crawling, they cannot jump or fly from one person to another
- Lice can survive for a short period on clothing and other personal items



How to Spot Head Lice

- Lice and their nits (eggs) are visible to the naked eye
- Lice can be white, brown, or dark gray
- Most often found in the hair at the back of the neck or behind the ears
- Nits are round or oval specks tightly glued to hairs near the scalp
- Combing through wet hair is an ideal way to spot an infestation



If You Suspect Head Lice

- Head lice will not go away on their own
- Take the following steps right away
 - Call your doctor
 - Notify your child's daycare or school nurse
 - Examine all other members of the household
 - Treat everyone infected at the same time



Getting Rid of Lice

- Lice killing treatments can be purchased over the counter but may not be recommended for young children
- Follow instructions carefully for how long medication should be left on hair and how it should be washed off
- A second treatment may be needed 9–10 days later
- Home remedies should not be relied upon as a main treatment



Rid Your Home of Lice

- Lice don't survive long when not on a human
- Wash the bedding of anyone being treated with lice
- Clothing worn in the last 48 hours should be washed in hot water
- If child sleeps with a favorite plush toy, put the toy in a hot dryer for 30 minutes



School Nurse Notification

- Report of illness is received by the school nurse from the school secretary or teacher
- The school nurse will provide education to the parent and follow-up with child as needed
- The school nurse will communicate with school leadership about the outcome of the nursing intervention



Head Lice Facts

- Transmission in schools are rare, more common to acquire from family members and playmates
- Head lice need a blood meal every few hours when off the human body, cannot survive for more than 24-36 hours without feeding
- Children across all levels of income, social class, cleanliness are affected



Resources

- <https://www.colorado.gov/pacific/cdphe/infectious-disease-guidelines-schools-and-childcare-settings>
- <http://www.cdc.gov/parasites/lice/head/schools.html>
- <https://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatementsFullView/tabid/462/ArticleId/934/Head-Lice-Management-in-the-School-Setting-Revised-2016>
- <http://www.webmd.com/children/ss/slideshow-lice-overview>