

- ▶ Measures have been taken, by the Utah Department of Health, Bureau of Health Promotions, to ensure no conflict of interest in this activity





All You Ever Wanted To Know About Head Lice



Judi Yaworsky, RN
SLCSD



Mice, Mouse

Lice, Louse

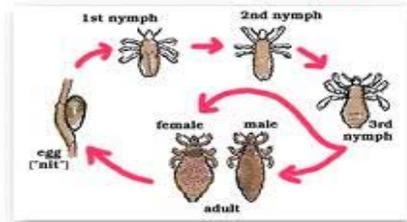
What are Head Lice?



- Head lice are parasitic wingless insects that have 3 life cycles.
- Head Lice live on human scalps and feed on blood.
- They crawl ; they do not fly or jump.
- Head lice do not spread disease.



Which Came First... the Itchin' or the Egg?



(The Life-Cycle of the Head Louse)

Eggs (Nits)

- Eggs are cemented to the hair shaft about $\frac{1}{4}$ inch from the scalp with a water proof glue.
- Nits are white, brownish or gray in appearance.
- Eggs hatch about 8-10 days.
- If nits are further than $\frac{1}{4}$ inch from the scalp, it is less likely that they are viable.



Nymphs



- When a nit “hatches”, a nymph emerges.
- Nymphs look like and adult lice, but are much smaller, about the size of a pinhead.
- They become a mature adult and able to reproduce.
- This process takes about 12 days.

Adult Head Lice



Are about the size of a sesame seed, have 6 legs, and appear grayish-white to tan in color.

- Females are usually larger than males, and lay 8-10 eggs daily or approximately 125 eggs in a lifetime.
- Require frequent blood meals.
- Live up to 30 days on the scalp, and 2 days off the scalp.

Lice facts



- Head lice are most commonly spread by direct contact with the hair of an infested person. The most common way to get head lice is head-to-head contact.
- Most transmissions occur out side of school.
- Head lice do not transmit disease.
- It is uncommon for lice transmission to occur by fomites (brushes/combs, hats/helmets, carpet, pillows, coats etc...).
- The most common age groups are children ages 3-11 and their households.
(Frankowski & Bocchini, 2010).



Signs/Symptom of a head Lice.

- Itchy scalp.
- Tickly feeling on head/neck.
- Sores/rash on scalp.
- Nits $\frac{1}{4}$ inch from scalp.
- Observed live lice.



Preventing lice at school



- Teachers can prevent lice transmission by making their classrooms inhospitable to lice.
- Encourage student's with long hair to tie it back.
- Do not encourage activities that involve head to head contact.
- Discourage the sharing of personal articles, combs, ribbons hats etc... at school.
- Get rid of pillows, stuffed soft toys, or furniture with cushions.
- Vacuum carpeted classrooms daily.
- Do not use sprays in classrooms, because they can be inhaled or absorbed through skin.



What to do if a student has symptoms of Head Lice.

Send student to the school secretary or the person who has been trained to check for lice.

What should happen if *Live Lice* are found:

- ❖ A parent will be notified and asked to come pick up their student, take them home and treat them. Treatment can be done in 1-2 hours and the student may return to school.
- ❖ Students should not miss school on account of Head Lice.
- ❖ Parent letter with treatment recommendations and school lice policy will be sent home for parents.
- ❖ Class letters are sent home at the discretion of the principal, typically not until 3 or more cases in a class have been found.
IF the parent is unable to pick up the student, may stay in class for the day and be treated that evening. Teachers should discourage head-head play.



What to do if only Nits are Discovered.

- Send the student to the school secretary or a person who has been trained to check for lice.
 - ❖ The student's parents will be contacted, and the parent information letter and school policies will be sent home.
 - ❖ The student CAN go back to class.
 - ❖ The student should be treated as necessary after school.

Remember: if nits are found more than $\frac{1}{4}$ inch from the scalp they are probably non-viable or empty.



DO NOT;

- Recheck hair when the student returns.
- Perform random lice checks.
- Look for lice on treated students unless they have symptoms.
- Isolate the student from the class.
- Violate student confidentiality.
- Worry.



Treatment : Over the Counter Pediculocides



- Pediculocides contain a low dose of Permetherin, an insecticide.
- Treatment takes place at home, and takes about 1 hour.
- Pediculocides do not kill the nits.
- Two shampoos, 2nd 10-14 days after the first.
- May be repeated in 7-10 days only if live lice are seen.
- Nit removal important.



Treatment without Chemicals:



- Wash hair with regular shampoo.
- Blow dry hair in sections with a hot blow dryer.
- Focus on the roots/scalp.

Easy Nit removal:

- After washing hair, apply cream rinse.
- Using a fine tooth comb or fingers, remove nits.
- Repeat this process daily until nits are gone.



Treatment using Prescription Medication.



If a lice infestation persists, it may be necessary for the student to visit a Health Care Professional, so that a stronger medication can be prescribed.

Ovide (Malathion) is an insecticide of relatively low human toxicity used to treat head lice.

- ❖ Can be obtained from a physician only.
- ❖ One application .
- ❖ May be repeated if live lice are seen after 8-10 days.



Don't Let head Lice Ruin your Day!



If you have questions call your School Nurse:
Judi Yaworsky, RN
801-481-4800.

Be familiar with our District Lice policy.

