

More Lice Info

NIT COMBS

Nit combs are specialized combs with firm bristles spaced closely together. Nit combs are an important tool for removing nits.



LICE-KILLING TREATMENTS

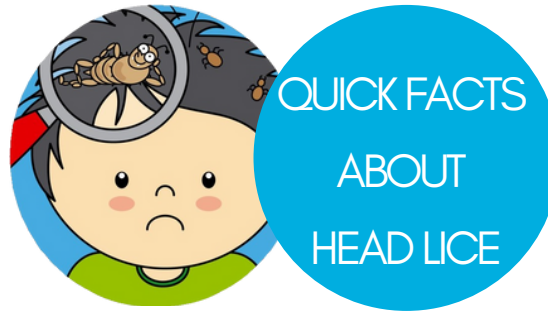
Treatments to kill lice, such as medicated shampoos, are available over-the-counter and by prescription. These products only kill lice, not nits. For more details, see "Treatment Guide" in this brochure.



HOME CLEANING

Clean areas the person who has lice was in 2 days before getting lice treatment:

- Vacuum floor and upholstered furniture (including vehicle seats).
- Machine wash clothing, bedding, and hair items worn or used. Wash in hot, soapy water (at least 130°F/54.4°C) and dry at high heat. Seal items that cannot be washed in plastic bag for up to 2 weeks.



- Lice cannot fly or jump, they only crawl using hair.
- Lice cannot live off of a human head longer than 48 hours.
- Clean hair or good hygiene has nothing to do with getting head lice.
- Cats, dogs, and other pets do not spread head lice.
- Head lice do not spread diseases.

References: Centers for Disease Control and Prevention, MN Department of Health, Mayo Clinic, Olmsted County Public Health

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Public Health
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Olmsted County

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Head Lice



Tips to prevent & treat head lice



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Prevent & Control

What are head lice?

Head lice (*Pediculus humanis capitis*) are small parasitic insects (louse) that are found on the human head and survive by feeding off human blood. Louse lay eggs (nits) in the hair that hatch in 6-10 days.

How can my child get head lice?

Head lice is spread from direct head-to-head contact with a person who has lice. Lice may be spread by using personal items like hair combs, hair brushes, hats, towels, pillows, and clothing.

How do I prevent head lice?

- Routinely check children's heads for lice.
- Encourage children to not share personal items.
- Teach children to avoid head-to-head contact.
- *Only treat people who have lice or nits.*

What are the symptoms?

- **Itching.** Most common symptom is itching on scalp, neck, and ears. May not occur for 4-6 weeks from lice arrival.
- **Small, red bumps and sores** on scalp, neck, and shoulders caused by scratching.
- **Lice on scalp.** May see lice, but hard to spot since lice are small, avoid light, and move quickly.
- **Nits (lice eggs) on hair shafts.** May see nits stuck close to hair roots. Nits are very tiny and easiest to see near ears and neck hairline.
- May feel like **something is crawling.**

Treatment Guide

What do I do if my child has head lice?

- Treat with medication
 - Over-the-counter follow directions on product.
 - Prescription treatment follow the health care provider's instructions.
- Read through all of instructions before treating.
- Comb hair with nit comb.
- Clean the home when treatment has started. See "Home Cleaning" in this brochure.
- Check other household members.
- Use the checkboxes below to help with treatment.

Things NOT TO DO

- Only use treatments as directed, using them wrong may be dangerous.
- Do not use the same medication more than 2-3 times.
- Flammable products (kerosene or gasoline) should never be used for lice treatment.
- Do not use different head lice medications at the same time.
- Do not use fumigant sprays, they are toxic.

Always follow the directions when using over-the-counter or prescription products.

Initial Treatment Date: _____

- ☐ Treat with over-the-counter lice-killing treatment products or a prescription from your health care provider.
 - ☐ Each person who has lice needs a complete treatment. For example, do not split a single box of shampoo between two or more people.
- ☐ Use nit comb on wet hair to remove nits and lice starting at scalp to the end of the hair.
- ☐ Do not re-wash hair or apply conditioner for 1-2 days after treatment.
- ☐ Soak combs and brushes in hot water (at least 130°F/54.4°C) for 5-10 minutes.
- ☐ Continue using nit comb on wet hair every 2-3 days to remove nits and lice. Do this for 2-3 weeks.

Follow-up Treatment (according to product directions) Date: _____

- ☐ Treat with over-the-counter lice-killing treatment products or a prescription from your health care provider.
- ☐ Use nit comb on wet hair to remove nits and lice.
- ☐ Do not re-wash hair or apply conditioner for 1-2 days after treatment.
- ☐ Soak combs and brushes in hot water (at least 130°F) for 5-10 minutes.
- ☐ Continue using nit comb on wet hair every 2-3 days to remove nits and lice. Do this for 2-3 weeks from initial treatment.
- ☐ If lice are still active following completed treatment, contact your healthcare provider.