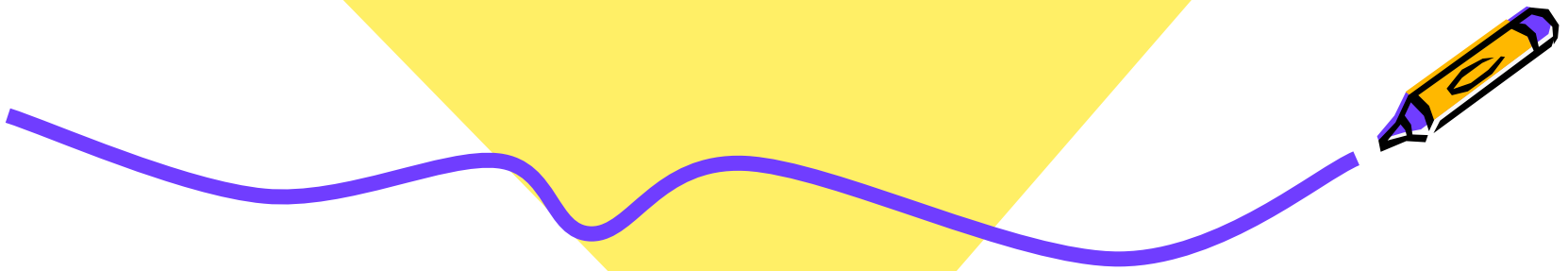




# Head Lice

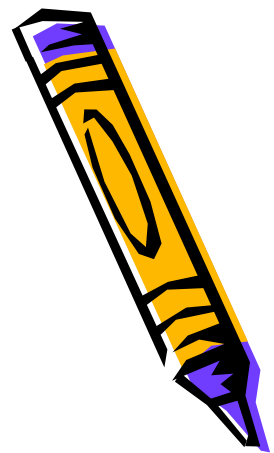
Keeping the Louse Out of Your House  
and Off Your Child's Head



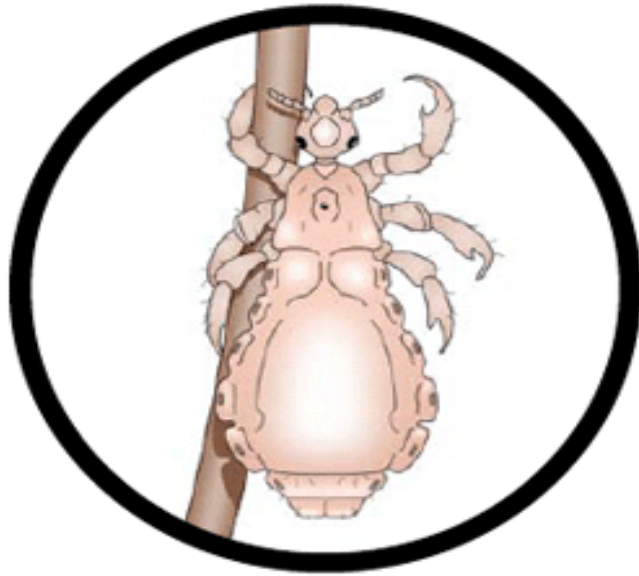
# It's True!



Dealing with head lice is difficult, sometimes embarrassing and can be overwhelming to anyone caring for children.

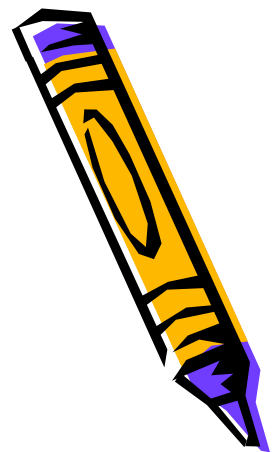


# What are Head Lice?



Hospital for Sick Children, Toronto

- Head lice are tiny, wingless insects that live on the head.
- Feed on human blood.
- About the size of a sesame seed.
- Do not cause any type of illness or disease.

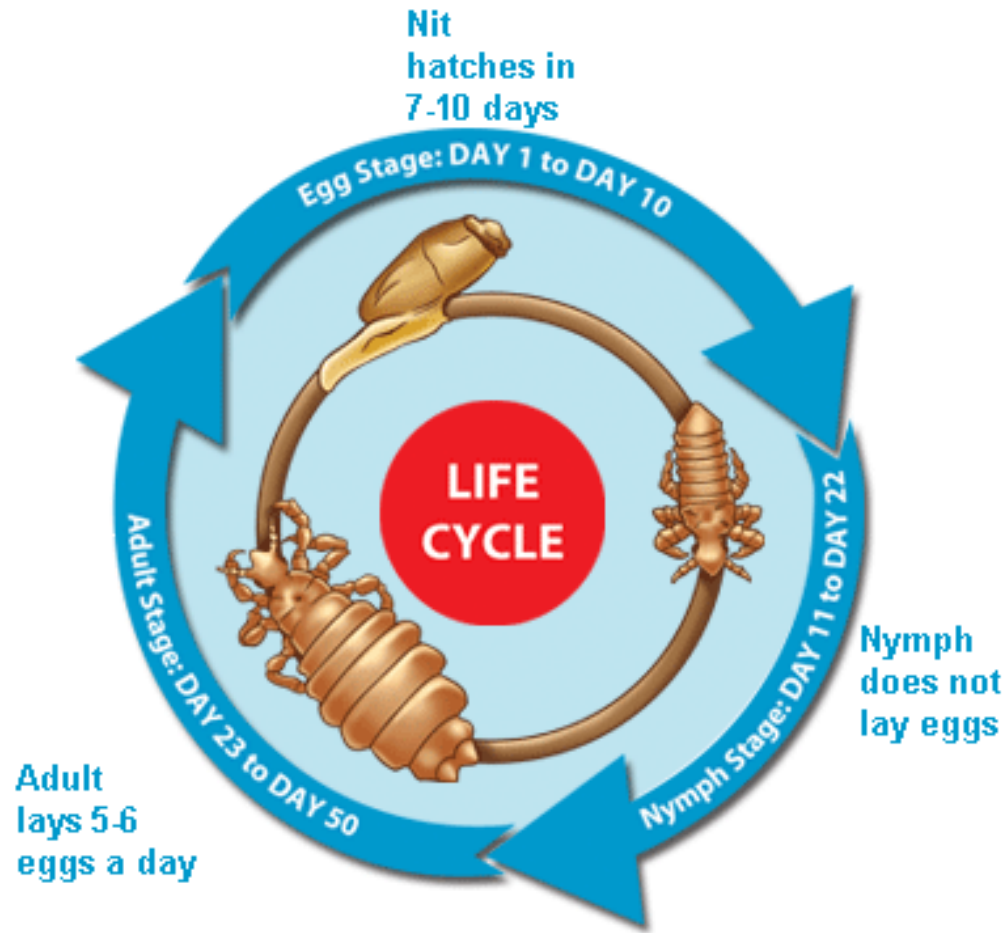


# Nits

- Small, yellowish-white, oval shaped eggs that are glued to a hair shaft.
- Nits must be laid by live lice
- Cannot catch nits.



# The Life Cycle



[www.ridlice.com](http://www.ridlice.com)

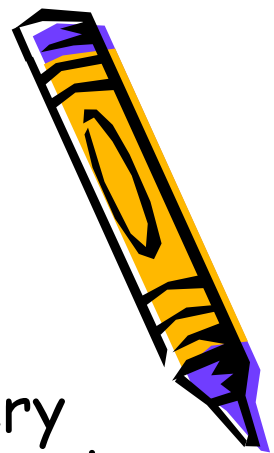
# How are Head Lice spread?

- Direct contact (head to head).
- Indirectly on items such as combs, brushes, hats, hair accessories, headphones & helmets.

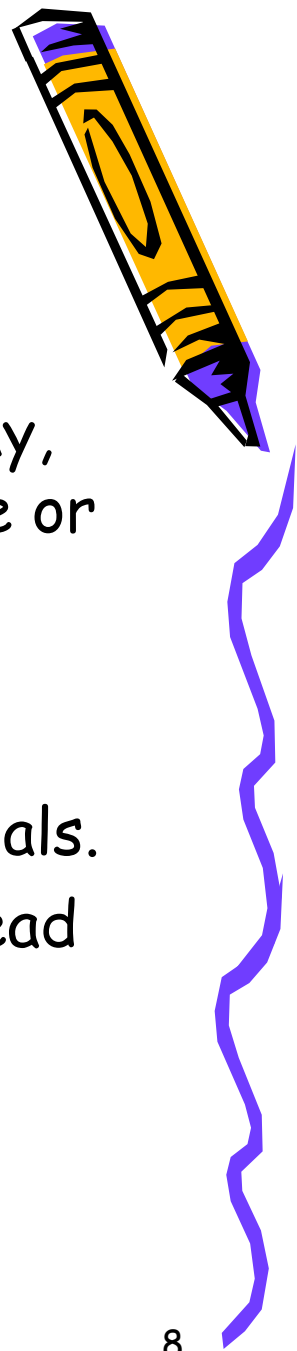


# How to Prevent the Spread

- Check your child's head weekly, after every sleepover, and every day during lice outbreaks at school.
- Treat immediately and properly if head lice are found on your child's head.
- Notify the school that you have found head lice and that your child has been treated.
- Keep long hair tied back or braided.
- Teach your child not to share personal items that are used on their head.
- Teach your child to put their hats and scarves in their coat sleeves or backpacks.



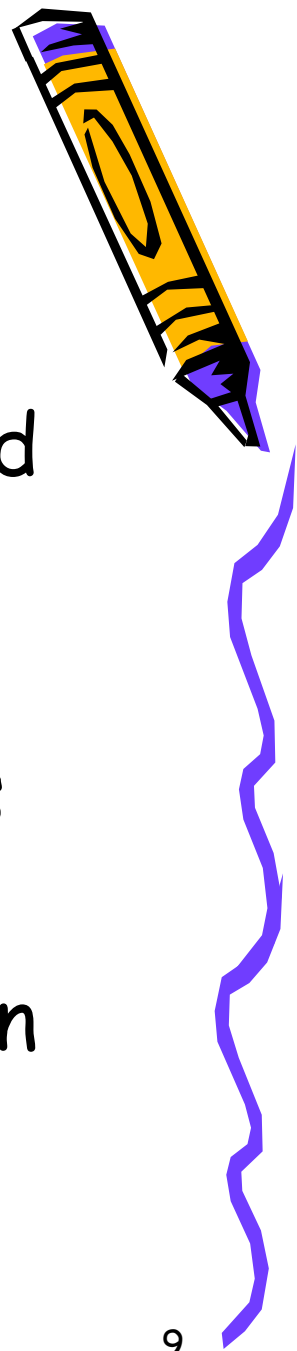
# The Facts



- Head lice do not jump, fly, or hop, but they crawl very quickly.
- Cutting hair/shaving head to get rid of lice does not keep them away.
- Their eggs need a warm environment to hatch.
- Hair gels, hairspray, oils will not kill lice or prevent eggs from hatching.
- Lice do not live on pets or other animals.
- Can live off the head for 1-2 days.



# If your child has been in contact with Head Lice?



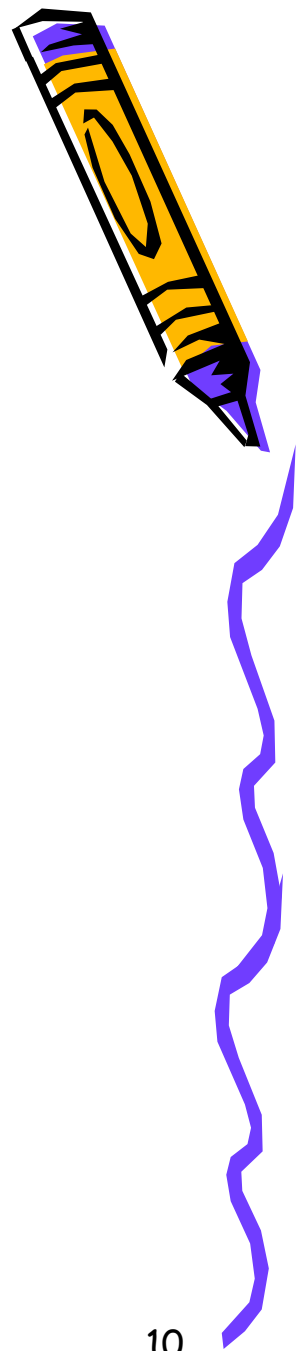
- You need to check your child's head carefully.
- Head lice spread easily.
- If one person in the household has lice, others may have it too.
- Check everyone in the household on the same day.



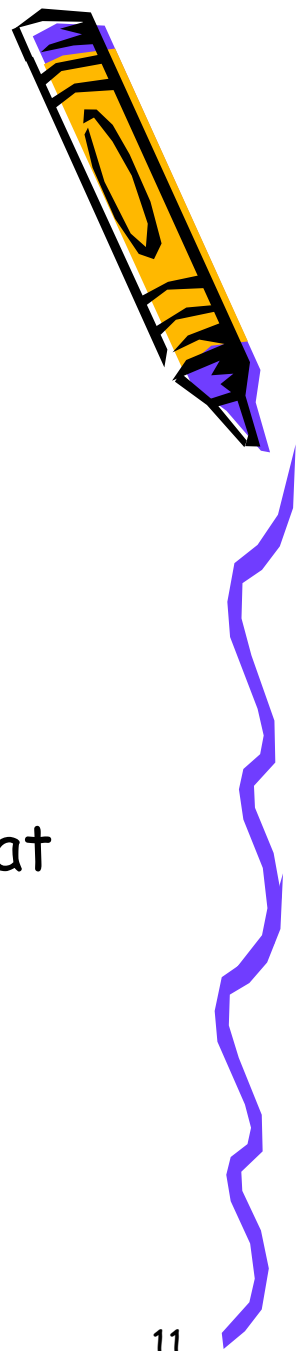
# Checking for Head Lice: Option 1

Inspection - What you need:

- bright light
- regular comb
- lice comb, a special fine-tooth comb available at any drug store
- paper tissues - white is best
- plastic bag for garbage



# Checking for Head Lice: Option 2

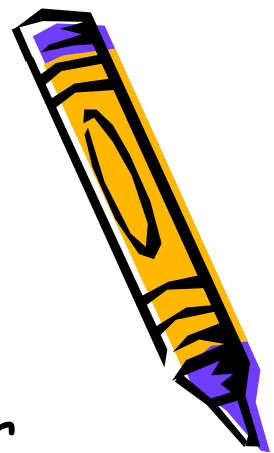


Wet Combing - What you need:

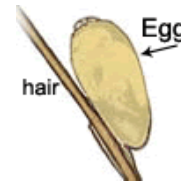
- white conditioner
- hair clips
- bright light
- regular comb
- lice comb, a special fine-tooth comb available at any drug store
- paper tissues - white is best
- plastic bag for garbage



# What to Look for



You are looking for both live head lice and nits.

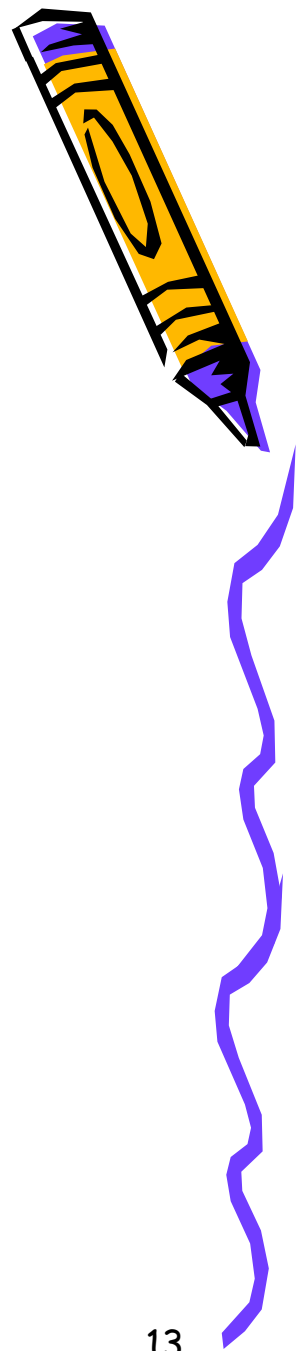


Centre for Disease Control

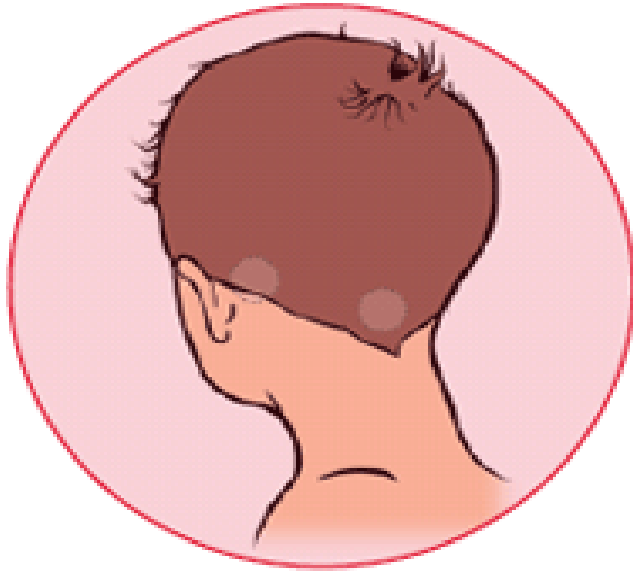
Figure B: Head lice eggs on hair and head louse on fingernail



*Photo courtesy of Foundation Studios*



# Checking for Head Lice



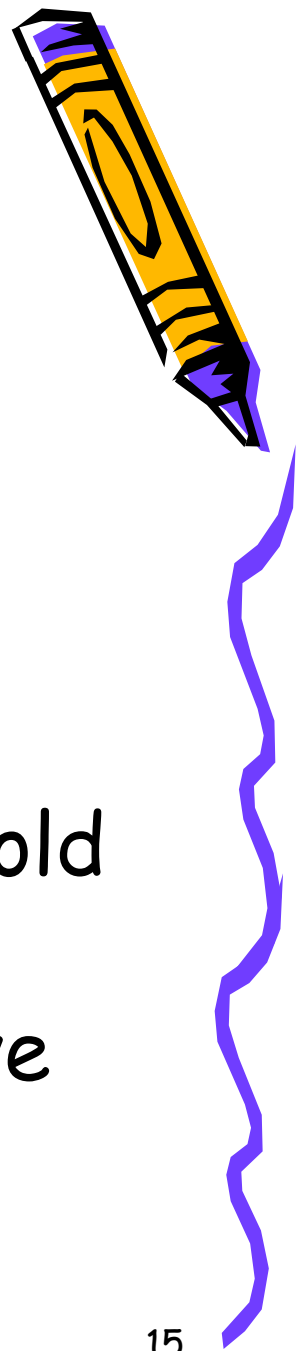
- Check close to the scalp, behind the ears, back of the neck and top of the head.
- Part into sections and check each hair
- Check entire head

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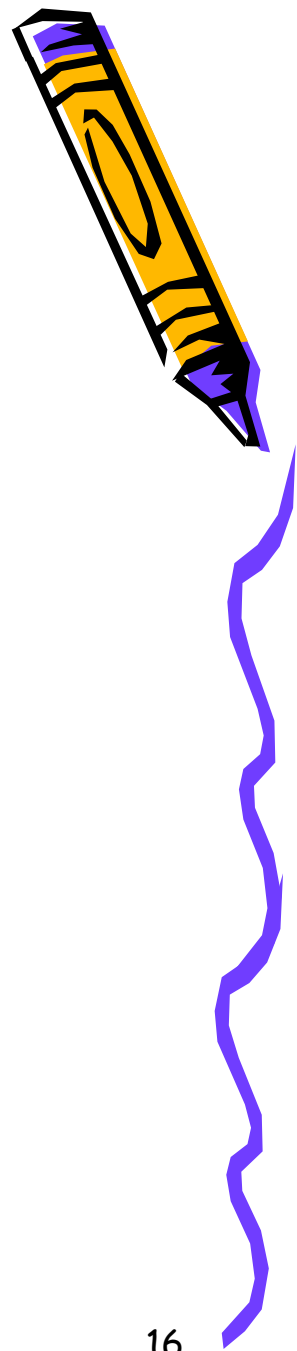
# If you find Head Lice

- You need treatment.
- If you find only nits you have a probable case of head lice. You should treat for head lice now.
- Check everyone else in the household for lice.
- On the same day, treat all who have lice.



# Treatment includes:

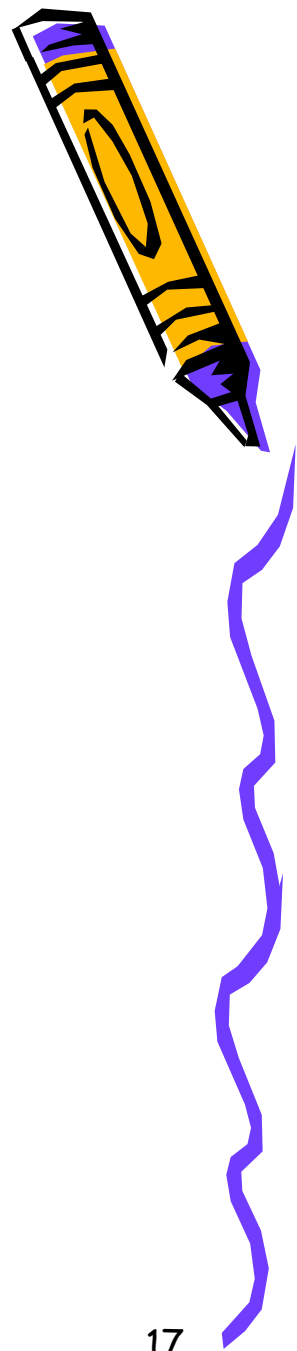
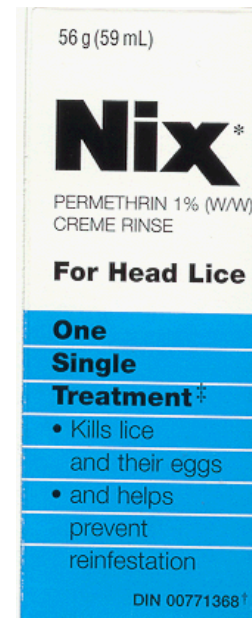
- Application of a product- Day1 and Day 7
- Manual removal of nits or eggs



# Product Application

## What you Need

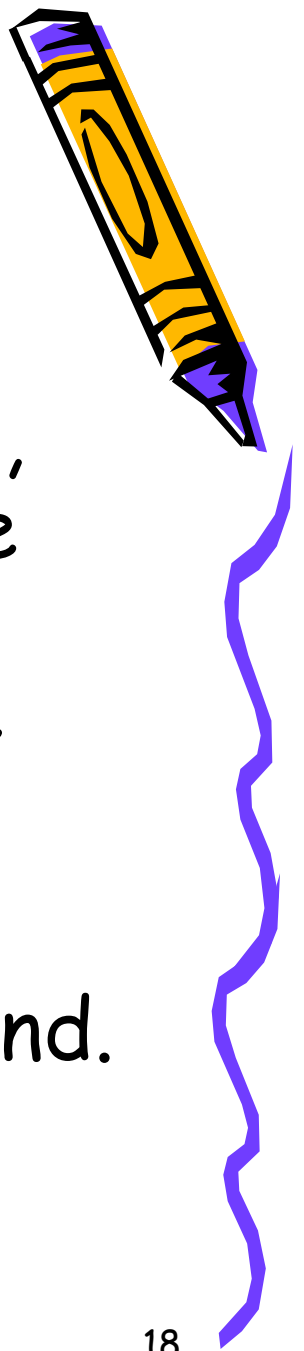
- Head lice treatment.
- Lice comb.



# Head Lice Combs

Head lice combs are fine toothed , made from plastic or metal and are designed to remove head lice, not necessarily nits or eggs. Check the availability in your area.

Nits or eggs must be removed by hand.



# Products



## Insecticides

- Permethrin: **Nix**, **Kwellada-P**
- Pyrethrins: **Life Brand**
- not recommended for children under 2 years of age or during pregnancy.

## Non-insecticides

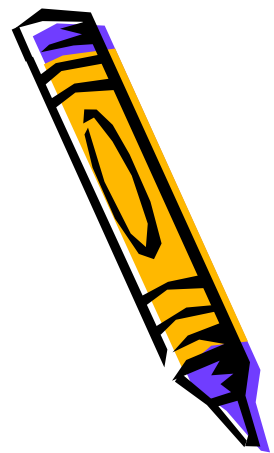
- Myristate/cyclomethicone: **Resultz**
- not recommended for children younger than 4 years.



# Product How To

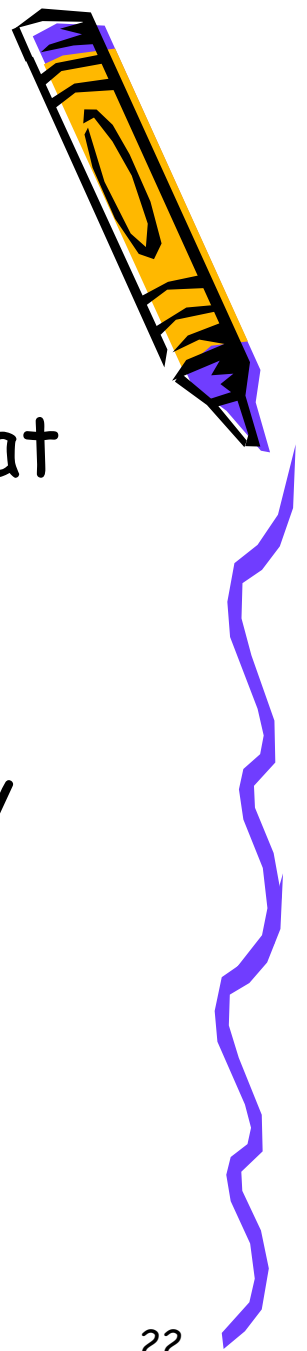


# Manual Removal How To



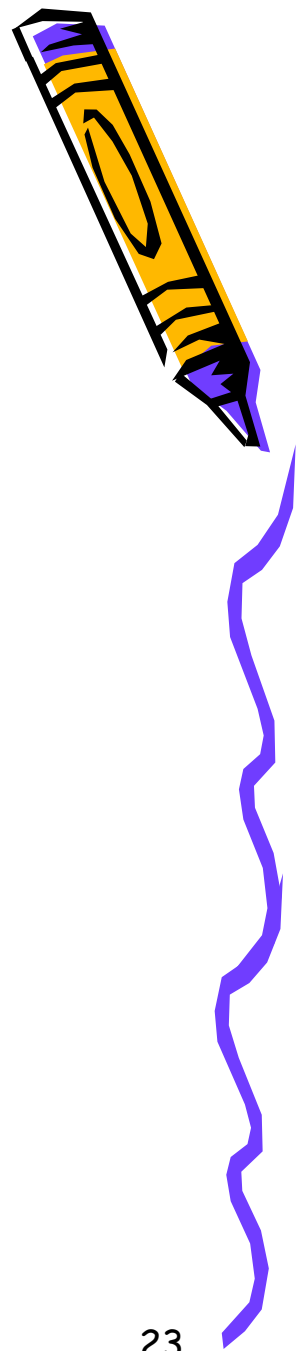
# Has the Product Worked

- Use only products designed to treat head lice
- Follow product directions carefully
- Check for effectiveness



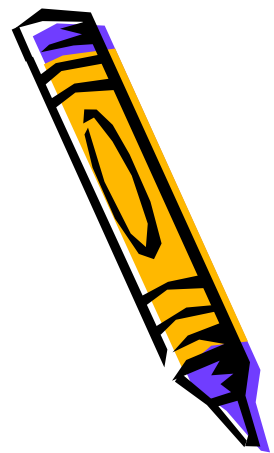
# When Treatment does not Seem to Work

- Poor application of the product
- Applying only one treatment
- Resistance to products
- Catching head lice again



# Household Clean Up

- Soak combs, brushes and hair accessories in very hot just boiled water for at least 30 seconds.
- Use very hot, soapy water to wash clothing, sheets, towels, pillowcases, etc. and dry in a clothes dryer.



# Household Clean Up

Treat items that you can't wash, such as blankets, coats and stuffed toys in one of the following ways:

- Put it in a closed plastic bag for 14 days
- Put it in a hot dryer for 15 minutes.
- Put it in the freezer for at least 24 hours.
- Iron it.



# Household Clean Up

- Vacuum mattresses, carpets, furniture & car seats.
- Do not use lice spray around your home.

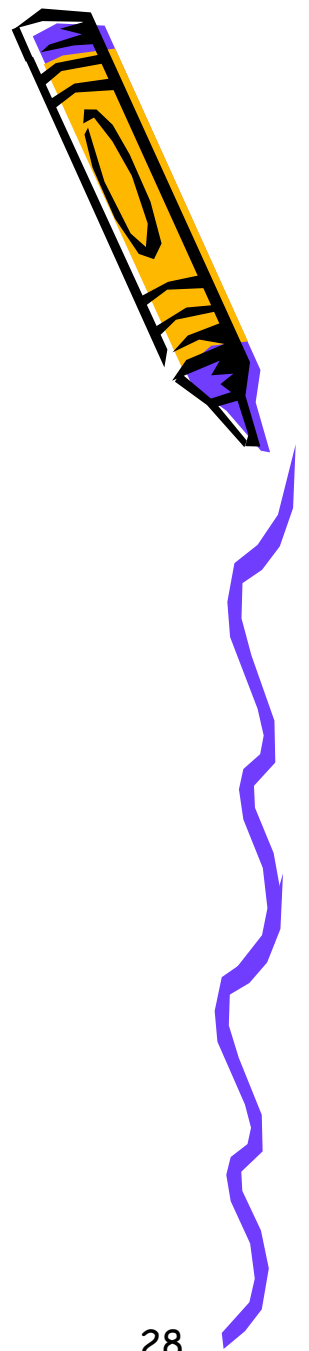


# Alternative Treatments

- At this point in time there is no proof that alternative treatments (vinegar, petroleum jelly, mineral oil, baby oil, cooking oil, tea tree oil etc.) work effectively.



# Parent's Role



- Check for head lice weekly
- Provide treatment as needed
- Notify School/Child Care Centre
- Provide reassurance to their child

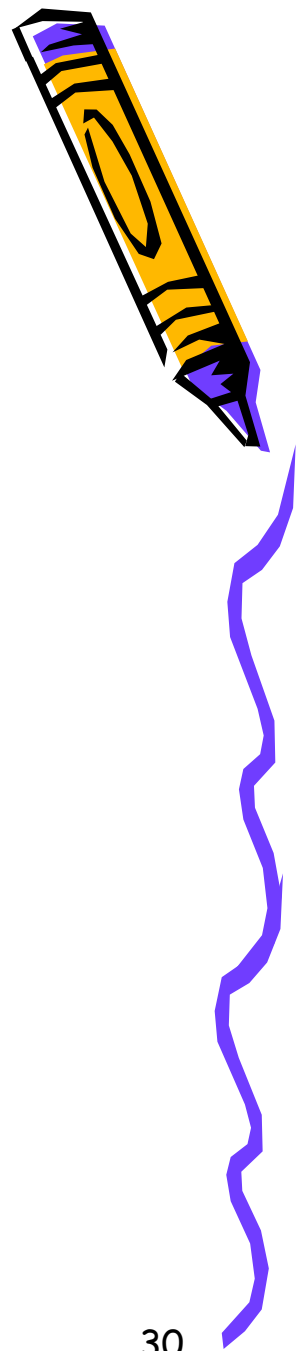


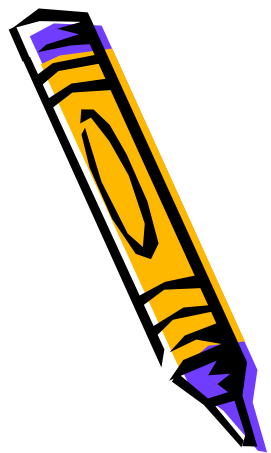
# Community Health Nurse's Role



- Receives referrals
- Provides information and support for the prevention and treatment of head lice.







Thank  
you!

