Treating Head Lice

- Treat everyone with lice or nits on the same day for best results.
- More than one treatment may be needed. Follow instructions, even if you no longer see live lice or nits.



Learn about treatment application:

Checking hair & removing nits

Remove live nits from the hair to prevent new lice from hatching.

Use a lice comb, good lighting, hot water and magnifying glass (optional).

Follow steps here:



Cooperation of parents, caregivers, and schools is essential to prevent and treat head lice.

Talking with kids about lice can reduce stigmatization and bullying at school.

MORE INFORMATION

Creehealth.org/health-tips/head-lice

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Head Lice

Not an Itchy Topic



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What are lice?

Head lice are tiny insects living on the scalp and feeding on blood.

They lay eggs called nits.

They **don't carry diseases** but are often associated with itchy scalp.

Anyone with living lice or nits can spread them via **head-to-head contact**.

People with lice require a special shampoo treatment.

Lice are common in school and daycare settings.

How to spot head lice?

Adult lice are grey-white and 2-3mm long (the size of a sesame seed).

Live nits are greyish white and look like translucent, oily, swollen dandruff.



Nits are hard to remove. They stick to hair strands, about 6 mm from the scalp.

Dead nits are white, dry, and usually found farther away from the scalp.

Prevention tips

- ✓ Tie up long hair.
- ✓ Remind children to:
  - ✓ Avoid head-to-head contact.
  - ✓ Store hats or scarves in coats.
  - ✓ Avoid sharing combs, brushes and hats.
- ✓ Regularly check the hair of everyone in your family with a nit comb.

Let's comb through the facts

Head lice are not a reason for school exclusion

Children with head lice can go home at the end of the day, be treated, and return to class.

Lice affect anybody, rich or poor.

Lice don't care if your hair is dirty or clean, they still like it. Regular shampoo isn't enough: special lice treatment is necessary.

You don't need insecticide spray.

It doesn't kill lice and can be harmful to your health and that of your pets.