



Head Lice

Helpful ways to treat at home

Prevention:

They do not live on animals. Head lice crawl, **but it does not hop, jump, or fly.**

Teach your child not to share personal items such as hats, brushes, coats, etc.



What are they:

Lice are a wingless insect 1/16 to 1/8 inch long, about the size of a pinhead. Head lice range in color from light brown to dark brown or black.

Lice are usually found nestled in the hair close to the scalp at the top of the head, behind the ears, or at the back of the neck.

They have six legs, with claws used to for holding on to hair.

Lice require blood from the “host,” or human being they are living on, in order to survive. Remember that lice don’t live long away from people!

How to get rid of them:

- 1) Use a proven treatment and be sure to follow all directions.
- 2) When treating head lice start at the bottom of the neck and behind the ears.
- 3) Check for nits (head lice eggs) and use a nit comb to remove them. (best to do daily)
- 4) Follow through with a second treatment within 7-10 days.
- 5) Wash all bedding and clothing that your child has used in the last 3 days in HOT water or run through the dryers hottest setting for at least 30 minutes.
- 6) Soak all haircare items (hair brushes and clips) in very hot water for 15 minutes.
- 7) Place items that can’t be cleaned or put in the dryer in a tight sealed plastic bag for 10-14 days.
- 8) Vacuum to get rid of any lice egg shells left behind.

<https://www.nasn.org/nasn/programs/educational-initiatives/lice-lessons>

