

# LICE: Knowledge is Power!

## Just give me the facts...

- Head lice are not known to transmit any disease and therefore are not considered a health hazard.
- Personal hygiene or cleanliness in the home or school has nothing to do with getting lice.
- Head lice move by crawling; they cannot hop or fly.
- Head lice are spread by direct contact with the hair of an infested person. It is less common for head lice to spread by contact with clothing (such as hats, scarves, coats) or other personal items (such as combs, brushes, or towels).

## What do lice look like?

Head lice have three forms: the egg (also called a nit), the nymph, and the adult louse.



Actual size of the three lice forms compared to a penny. (CDC Photo)

## Is there a way to prevent lice?

- YOU are the best defense for your child!  
Get to know your child's scalp with regular head checks.
- Make a weekly routine of checking behind the ears, hair line at the neck & crown of the head. Comb with a fine-toothed wire (not plastic) nit comb. The LiceMeister comb is highly recommended.
- Regularly pulling long hair back can help prevent the spread of lice.
- Instruct your children not to share hats, coats or brushes.
- Teach your child to avoid head-to-head contact at school and at play. For example, children can greet each other with a "high-five" instead of a hug.

## What do I do if I find a louse/nit?

1. Call your pediatrician to discuss treatment options which may include over-the-counter shampoos or manual nit removal.
2. Machine wash and dry any clothing or bedding used in the past 48 hours using hot water and high heat cycles. Items that cannot be washed can be dry cleaned or sealed in a plastic bag for 2 weeks.
3. Soak combs and brushes in hot water for 5-10 minutes.
4. Vacuum the floor and furniture to remove any louse that may have fallen.
5. Inform the school nurse of your findings
6. Go to [www.cdc.gov/parasites/lice/](http://www.cdc.gov/parasites/lice/) for more information.

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## Websites for Additional Information:

[www.headlice.org](http://www.headlice.org)

[www.cdc.gov/parasites/lice/](http://www.cdc.gov/parasites/lice/)

[http://kidshealth.org/parent/infections/common/head\\_lice.html#](http://kidshealth.org/parent/infections/common/head_lice.html#)

## Local Manual Removal Resources that have been useful to other parents:

The Nit Picker

<http://www.thenit-picker.net/>

Lice Aunties

<http://www.liceaunties.com/>

NitWits LLC:

<http://www.liceinfo.net/>

Close Nit Family

<http://closenitfamily.com/>

## Tools that have been useful to other parents:

The LiceMeister Comb

<http://www.headlice.org/licemeister/>

The Nit Free Terminator Comb

<http://www.ginesisnatural.com/nit-free-terminator-comb-p-36266.html>

(Both of these combs are also available on Amazon.com)