

## LICE INFORMATION SHEET

Head Lice is a scalp infestation with tiny gray bugs called lice. Head Lice infestation requires consistent and careful control measures by parents. Parents should check their children's hair and scalps weekly to rule out the possibility of infestation. Head Lice do not transmit disease to humans.

### What does a "NIT" (lice egg) look like?

- Color: Light-grayish, silvery/white.  
Shape: Like a teardrop or raindrop, not angular.  
Can be smaller than the head of a pin.  
Sticky: Sticks to the hair, cannot be shaken off, unlike dandruff or sand.  
Where: On the hair shaft, most commonly, at the crown, behind the ears, and the back of the head. A scalp rash may be present.  
Itching: Itching of the scalp is a common symptom.

### Transmission of Head Lice: Live lice not nits.

- Only live lice can transmit to another child.
- Nits (lice eggs) are not transmitted from person to person.
- Most transmission is from direct head-to-head (hair-to-hair) contact. Lice cannot jump or fly to another person's hair.
- Indirect transmission of lice from hats, caps, hairbrushes, combs, headphones and other objects may occur, but is uncommon.
- Most transmission of lice occurs at home, not school or public places. Sleepovers, bed sharing, and sofas are a major source.
- Head lice, while a significant social problem, do not transmit disease to humans.

### What must I do if my child has "NITS" or live lice?

1. Obtain the Lice Shampoo with special lice comb at local drugstores over the counter. Your pharmacist can assist you.
2. Have **EVERYONE** in your home wash his/her hair with the lice shampoo. **Re-treat according to directions on lice shampoo box.**
3. Remove Nits, combing or pulling them from the hair manually. Wetting of the hair may make removal easier.
4. Wash all clothing, bed linens and towels in hot water. All personal items such as combs, and brushes, should be boiled in water or soaked in lice shampoo for approximately 1 hour.
5. Vacuum all carpets, floors, mattresses, pillows and upholstered chairs and couches as well. Items that cannot be washed (e.g. Hats, coats, scarves, stuffed animals) should be set-aside in sealed plastic bags for 2 weeks.
6. Re-check hair on a regular basis for nits, even when school is not in session, especially during warm weather. Re-apply lice shampoo as needed.

### IMPORTANT

**Excluded students may return to school after they have been properly treated. Child should not miss more than one day of school. Child's hair must be re-checked in the school office when he/she returns to school.**