









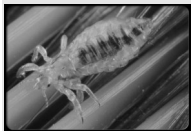


Just the Facts

-  Lice cannot live without human contact for more than a day.
-  Lice cannot stay alive in schools or on school buses over weekends because they cannot live without human contact for more than a day.
-  Head lice can spread if two heads are close together.
-  Lice cannot fly or jump! They have no wings or hind legs.
-  Lice prefer to stay in the hair, not the environment.
-  Lice do not cause disease.
-  Pets do not get head lice.
-  Kids often get head lice at sleepovers, while at group or club activities, family gatherings, babysitting, playing sports, watching TV or playing video games together.
-  Research shows most children who get head lice do not get them in school.
-  Lice seem to be more prevalent in schools after a break when children have more close personal contact with each other.



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Superintendent



District School Board of
Pasco County
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Rev. 01/13

Even Nice People Get Lice

An Educational Guide to the
Prevention and Treatment of
Head Lice



District School Board of
Pasco County

Kurt S. Browning,
Superintendent



Home & Family Tips

Remind children not to share combs, brushes, hats, etc., and not to put their heads together.



Check the hair of all family members on a regular basis. Make it part of your regular routine, just like brushing teeth.

Braid or tie back long hair.

Watch for constant head scratching

What to Look For

Lice are tiny, crawling insects about the size of a sesame seed.

Nits (eggs) are oval shaped and may be grayish white or beige in color. Unlike dandruff, nits are glued to the hair and are difficult to remove.



Think Smart . . .

Keep Heads Apart

- Check your child's homework
- Check your child's hair







Remember:

Schools don't get lice, people do!



Head Lice - Dead Lice

What can I do if someone in my family gets head lice?



-  Check the hair of everyone in the house, especially the hair behind the ears and at the back of the head.
-  Remove all lice and nits (eggs) using a special nit comb or your fingernails. A bright light may be helpful to see nits more clearly.
-  Place stuffed animals, dolls and small pillows in a plastic bag for several days
-  It is not necessary to vacuum furniture or rugs. Avoid the use of lice sprays.
-  Wash combs, brushes, and other hair accessories in hot water each day to loosen any lice or nits. Wash bed linens, including pillowcases, towels, blankets, and sheets on the hottest setting.
-  If a lice shampoo or crème rinse is used, be sure to *read the label and follow directions carefully*. These products should **only** be used when live lice are found. A second treatment 10 days later may be necessary. ***Do not overtreat your child!***

Why does my child keep getting lice?

-  Research shows that the hair must be combed and checked for nits **EVERY DAY FOR 2 WEEKS** to stop the life cycle of the louse.
-  If your child gets lice over and over again, **all** of the eggs have probably not been removed. Any remaining eggs may hatch and cause reinfestation.

Heads Up!



Truths & Myths . . .

The most effective means of removing lice and eggs without the use of chemicals is to wet the hair, apply conditioner and comb through the hair in sections. The use of a metal comb, such as the Terminator or LiceMeister, will make nit removal easier.

The use of oils, mayonnaise, enzymes, hair dye, and lice "zappers" has **not** been proven to be effective in the treatment of head lice.



Remember . . . **ONLY** use an approved over-the-counter product if your child has been found to have **LIVE** lice, and then be sure to follow the directions carefully. Questions? Contact your pediatrician or pharmacist.

For step-by-step combing directions contact your child's school nurse.

For More Help



Ask your doctor, pharmacist, or your local health department office for information.

Contact your School Nurse or Clinic Assistant.

Accurate head lice facts are available at: <http://identify.us.com/idmybug/head-lice/index.html>

