

Lice Facts and Tips

- Anyone with clean or dirty hair can get head lice. It can be hard work to get rid of them.
- Head-to-head contact is the most common way lice are spread.
- Lice don't jump or fly, but they are fast crawlers. Pets do not carry human lice.
- Lice need human blood to live. They will die within 48 hours if they can't get it. It takes the eggs about a week to hatch.
- An itchy scalp is the most common symptom of having head lice and may continue for a while after treatment.
- Lice treatment products help remove lice, but ***you must still physically remove the lice and nits by combing and picking them out.***
- The use of mayonnaise, kerosene, Vaseline, vinegar, and other home remedies are not proven to be effective and can be dangerous. Shaving the head is not necessary. If you do not want to use an over-the-counter treatment product such as NIX, just comb and pick out the nits and lice with a good lice comb and fingers.
- Notify anyone who may be affected, including the school.



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DUFFERIN ELEMENTARY SCHOOL

Working together to create a respectful
and successful learning environment

Head Lice Examine, Treat, and Comb



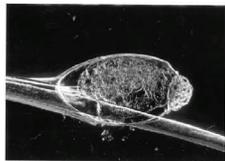
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SIX STEPS TO GETTING RID OF HEAD LICE

1. EXAMINE

First, look at the base of the hair around the ears and across the back of the neck. Then carefully check the rest of the head.

Head lice 'nit' or 'egg' attached to hair



© <http://www.headlice.org>

Examine everyone in the home for lice and nits. Separate the hair strands carefully. Nits are small, white to chocolate brown, oval-shaped eggs

that are glued to the hair near to the scalp. Nits are more easily detectable than live lice. Treat only those in the household that have head lice.

2. TREAT

Treat the head lice with a lice treatment product. Lice treatment products are available over-the-counter at drug stores, grocery stores, and some medical clinics. These products will not always kill all the lice and nits, but they are a way to get the process started and is usually the first step to getting your child back at school or daycare.

Carefully follow the treatment's directions or those of your healthcare provider.

Using more treatment, reapplying sooner than recommended, or keeping it on the hair longer than directed will not make it work better or faster and can increase the risk of toxic side effects.

3. COMB

After treatment, comb the hair with an effective, metal, lice removal comb to remove the nits. "Picking" the nits off with your fingers is also useful as the comb may miss some. Try to get every nit and any lice you find.

Combing the hair in the opposite direction of normal brushing will help you find more eggs. Nit picking can also be done by hand, by using your fingernails or tweezers. Get rid of eggs in the sink, toilet or garbage. Vacuum around the area where you were combing out eggs. Both people should change their clothes afterwards.

Comb, using the lice comb daily for seven days, and until you no longer find any lice or eggs. This step takes the most time energy and patience. **COMBING IS THE MOST IMPORTANT STEP!**

4. CLEAN

Clean your home using normal methods, such as washing clothes, towels, and bedding; vacuum floors and furniture; and soaking combs and brushes in warm soapy water.



Live Head Lice (Male and Female)

5. REPEAT

Most products recommend a second treatment 7-10 days after the first. Follow the directions just as you did for the first treatment. Afterwards, remove any egg or lice that you might find.

Continue to check daily until one week after the second treatment or one week after the last egg or louse is removed.

6. NOTIFY

Notify everyone that may be affected:

- ⇒ School
- ⇒ Daycare
- ⇒ Church
- ⇒ Friends
- ⇒ Sport or activity team
- ⇒ Family

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