



# Head Lice

## What are head lice?

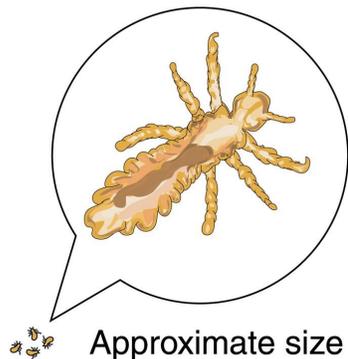
- Tiny yellowish-white bugs that can be found in hair on the head and face- behind the ears, neckline, eyebrows, and eyelashes.
- Can live in hair and bite skin and scalp.

## What do head lice look like?

- They are small and hard to see because they are less than 1/4 cm and move quickly.
- Egg or nit: tiny white or yellow oval-shaped lice eggs that attach to the hair shaft. Can be confused with dandruff, scabs, or dried hairspray.
- Nymphs: smaller than adult lice (smaller than a sesame seed). Feeds on human blood to live and will grow to adult stage 9-12 days after hatching from egg.
- Adult: full grown, about the size of a sesame seed. Tan to grayish-white in color. Can live up to 30 days, but will die in 1-2 days if falls off a person.

## Head lice cause:

- Tickling feeling in hair
- Itching caused by an allergic reaction to bites
- People to feel irritable and sleeplessness due to lice being highly active in the dark
- Sores on the head from scratching



## How do you get head lice?

- Lice are passed from direct contact with someone who has lice.
- Can be passed by sharing combs, hats, or coats.
- Lice move by crawling, they cannot hop or fly from person to person.
- Anyone can get lice, regardless of age, income, social status, or cleanliness.

## How is head lice confirmed?

- Look closely at the scalp and hair for lice eggs, nymphs, or adult lice.
- Finding nymphs and adult lice may be hard because they move fast. Use a magnifying glass or fine-toothed comb. If unsure of head lice, call your healthcare provider.
- If one person in your household has lice, check the hair of everyone else in your household.

## Steps to get rid of head lice:

1. Purchase a lice-killing hair product. *Find at a drug store, or contact a healthcare professional for assistance.*
2. Apply the lice-killing product by following the directions on the package.
3. On the same day as the hair has been treated, then vacuum and wash all materials where you live, including bookbags, clothes, car upholstery, carpets, and sheets.
4. After completing steps 2 and 3 on the same day, now look at the scalp every 2-3 days for 2-3 weeks until lice are gone.