

Managing Head Lice at Home



Please keep this book for Future Reference

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We would like to thank Western Health for sharing their **Head Lice Resource Manual** which was used in the development of this resource.



Introduction

Eastern Health values the physical and emotional health of everyone in our community.

When we deal with a particular issue (such as head lice), we consider:

- the need for accurate information and support to decrease any myths or blame;
- the importance of feeling good about ourselves and others;
- the need for everyone to work together.

Families have the responsibility of finding and treating head lice. We support families in that role in a number of ways as demonstrated in this package.

Head Lice Life Cycle

The life cycle of the head louse has three stages: egg, nymph, and adult.

Egg

Nits are head lice eggs. They are hard to see and are often confused for dandruff or hair spray droplets. Nits are laid by the adult female and are glued at the base of the hair shaft nearest the scalp. They are 0.8 mm by 0.3 mm, (very small, about the size of 1 grain of salt) oval and usually yellow to white. Nits take about 1 week to hatch (range 7 to 10 days). Live eggs are usually located within 6 mm of the scalp. If nits are found more than 6mm (about the width of the top of your pinky finger!) away from the scalp, they are more than likely already dead or hatched. Nits need the warmth of the scalp to hatch.

Nymph

The egg hatches to release a nymph. The nit shell then becomes a more visible dull yellow and remains attached to the hair shaft. The nymph looks like an adult louse, but is about the size of a pinhead. Nymphs become adults anywhere from 9-15 days after hatching.

Adult

The adult louse is about the size of a sesame seed, has 6 legs (each with claws), and is tan to grayish-white. In persons with dark hair, the adult louse will appear darker. Females are usually larger than males and can lay up to 8 nits per day. Adult lice can live up to 30 days on a person's head. To live, adult lice need to feed on blood several times daily. Without blood meals, the louse will die within 1 to 2 days off the host. (Centers for Disease Control and Prevention)

The Facts About Head Lice

Head lice live on the scalp and cannot jump or fly. People get head lice from others by head to head contact. The lice crawl from the head to another head anytime people are close together e.g. children playing and sleepovers. Sharing of combs, brushes, headbands, hats etc can also spread them.

Anyone can get head lice. It doesn't mean that the person is unclean, has little money, or that a child has bad parents. **Lice do not discriminate.**

Itching and scratching does not mean that a person has head lice. A person could have head lice and not have any itching. Checking the head weekly is the only way to find head lice.

Head lice do not carry disease, but dealing with head lice can be frustrating. Some parents/caregivers are embarrassed, so it helps to talk to the local community health nurse for information.

Preventing the Spread of Head Lice

- Check your child's head weekly, after every sleepover, and every day during lice outbreaks at school or in the community.
- Treat immediately and properly if head lice are found.
- Notify the school or community group that you have found head lice and that your child has been treated.
- Keep long hair tied back or braided.
- Teach the whole family not to share personal items that are used on the head e.g. hats, helmets, hair accessories, headphones, etc.
- Teach the whole family to put their hats and scarves in their coat sleeves or backpacks.

How to Find Head Lice

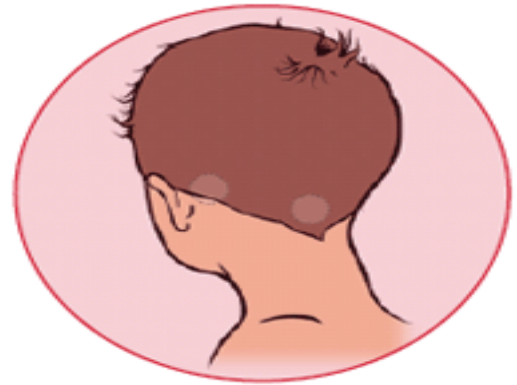
You need to check your child's head carefully every week.

Head lice spread easily. If one person in the household has lice, others may have it too. Check everyone in the household on the same day, if you are aware of an outbreak.

Option 1 - Inspection

What you need:

- bright light
- hair clips
- regular comb
- lice comb, a special fine-tooth comb available at any drug store
- paper tissues – white is best
- plastic/paper bag for garbage
- magnifying glass (optional)



Steps:

1. Untangle dry hair with an ordinary comb.
2. Change to a head lice comb.
3. Section the hair with the hair clips. Start with a section at the back of the head. Place the teeth of the head lice comb flat against the scalp.
4. Comb the hair from the roots through to the tips.
5. Wipe the comb on the tissue after each stroke. In good light, check for head lice. Adult lice are easier to see – young lice are difficult to see. A magnifying glass may help. You may see some eggs.
6. Comb each section twice until you have combed the whole head.
7. Throw away all tissues using the plastic/paper bag. Tie it tightly and throw out with regular household garbage.
8. Soak combs and hair clips in soapy hot water (just after boiling) for at least 30 seconds to ensure head lice are killed (this should be one by an adult). When the water has cooled, remove all debris from the combs and clips

Option 2 - Wet Combing

What you need:

- white conditioner
- hair clips
- bright light
- regular comb
- lice comb, a special fine-tooth comb available at any drug store
- paper tissues – white is best
- old toothbrush
- plastic/paper bag for garbage
- magnifying glass (optional)

Steps:

1. Untangle dry hair with an ordinary comb.
2. Apply hair conditioner to **dry hair**. Use enough conditioner to thoroughly cover the whole scalp and all hair from the roots to tips.
3. Use the ordinary comb to evenly distribute conditioner and divide the hair into four or more sections using the hair clips. A mirror helps if combing your own head.
4. Change to a head lice comb.
5. Start with a section at the back of the head. Place the teeth of the head lice comb flat against the scalp. Comb the hair from the roots through to the tips.
6. Wipe the comb on the tissue or material after each stroke. In good light, check for head lice. Adult lice are easier to see – young lice are difficult to see. A magnifying glass may help. You may see some eggs.
7. Comb each section twice until you have combed the whole head. If the comb becomes clogged, use an old toothbrush to remove the head lice or eggs.
8. Throw out all used tissues and old toothbrush in the plastic/paper bag. Tie it tightly and throw out with the regular household garbage.
9. Soak combs and hair clips in soapy hot water (just after boiling) for at least 30 seconds to ensure head lice are killed (this should be done by an adult). When the water has cooled, remove all debris from the combs and clips.

Treatment

If you find a live louse, nymph or a live nit treatment is necessary. Live eggs are usually located within 6 mm of the scalp. Therefore, nits found more than 6mm away from the scalp are not live and unlikely to hatch. Focus on those nits close to the scalp for removal.

Treatment

- If you find only nits you have a probable case of head lice. *You should treat for head lice now.*
- Check everyone else in the household for lice.
- On the same day, treat all who have lice.

Treatment includes:

- A two step application of a product - Day1 and Day 7
- Daily head checks
- Manual removal of nits or eggs

Steps in the Treatment of Head Lice

Carefully read product insert and follow directions.

Generally the directions include:

1. Comb hair with a regular comb to remove tangles.
2. **Conditioners can reduce the effectiveness of treatment.**
3. Shampoo with a **conditioner-free** product.
4. Rinse with water.
5. Then towel dry hair so it is damp but not wet.

Apply the treatment as follows:

1. Shake the bottle.
2. Be sure that the product covers all of the hair, from the scalp to the ends. Protect the eyes with a wash cloth or towel.
3. Leave the product on the hair for as long as the package recommends and no longer.
4. Rinse out the product with warm water over the sink. **Don't rinse in a bathtub or shower** where the product could get onto other parts of the body.
5. Towel dry the hair with a clean towel.
6. Do not blow dry hair.
7. Comb the hair with a regular comb to remove tangles.

After you have applied the product use a **conditioner-free** shampoo for the next 7-10 days.

Use the lice treatment a second time, 7 to 10 days after the first treatment.

Use the same product and follow the same steps you used for the first treatment.

The first treatment kills the live lice and the second treatment kills any lice that have hatched since the first treatment was done. **No product currently available will kill all of the nits.**

The Manual Removal of Nits

Comb for lice with a lice comb. Manually remove nits every day.

What you need:

- bright light
- hair clips
- regular comb
- lice comb, a special fine-tooth comb
- paper tissues – white is best
- plastic/paper bag for garbage
- magnifying glass (optional)

Note: Do not use vinegar to help remove nits. The head lice product will not work.

Steps:

1. Untangle dry hair with an ordinary comb.
2. Section the hair with the hair clips. Start with a section at the back of the head. Place the teeth of the head lice comb flat against the scalp.
3. Inspect each hair for nits in good light.
4. Nits have to be removed by pulling each one off the hair to which it is attached. This is very time consuming but a lice comb may help. You may as well have to use your fingers. Please remember that this is a difficult process for a child. They may need to have several sittings versus one long session.
5. Live eggs are usually located within 6 mm from the scalp. Therefore nits found more than 6mm away from the scalp are not live and unlikely to hatch. Focus on those nits close to the scalp.
6. Wipe the lice comb on the tissue after each stroke.
7. Throw away all tissues using the plastic/paper bag. Tie it tightly and throw out with regular household garbage.
8. Soak combs and hair clips in soapy hot water (just after boiling) for at least 30 seconds (this should be done by an adult). When the water has cooled, remove all debris from the combs and clips.

Continue checking household members at least once a week for 2 weeks after the second treatment is done. Make sure everyone is free of live lice and nits.

If you find live lice after the second treatment, then repeat treatment using different product (with a different ingredient) to kill the lice. NOTE: Do not mix head lice products for use at the same time.

If you continue to find live head lice after following these steps, contact your family physician or Community Health Nurse.



**Check your child's head
weekly,
and more often after sleep-
overs.**

Has the Product Worked

Using Treatment Products

- Use only products designed to treat head lice.
- Follow product directions carefully.

After using the product check for effectiveness

- Use a fine tooth head lice comb to comb all of the hairs from roots to tips. If product has dried, apply some water to moisten the hair. **Do NOT** use conditioner on hair that has been treated with a head lice product or the product will not work. After each stroke, wipe the combings onto a tissue. Repeat until all hair has been combed at least twice.
- Wait 5 minutes for the head lice to dry off. Observe the lice for movement and decide if the treatment is effective or not.

Ineffective:

Some lice run around or wave their legs and antennae.



Select a product with a **different active ingredient**.
Request advice on choosing an alternative treatment.

Effective:

All lice are dead.



Reapply the product in 7 days to kill the lice hatching from the eggs.



After first application:

Eggs will be present.
Remove the eggs.

After second application:

If there are still live lice consult with your Community Health Nurse or Physician

When Treatment Does Not Seem to Work

It is very frustrating when you are doing everything that is recommended and nothing seems to work. Some possible reasons for this may include:

Poor application of the product

Head lice products are expensive. Apply the product properly or it will cost more money in the long run. The product must be applied to all hairs, from the roots to the tips. The product must be in contact with the head lice for the right amount of time. Leave the product on the hair for the time stated in the directions.

Applying only one treatment

Applying any treatment only once will fail. Even if the lice are killed or removed, the eggs will continue to hatch. Reapply the product one week later, paying careful attention to the instructions on the package.

Resistance to products

Resistance is when the product used for treatment does not kill the head lice. You will not know if the head lice are resistant to the product you are using before you try it. The only way to know is to check for effectiveness after you have used it (see Has the Product Worked).



If your child shows signs of itchiness, most scratching occurs in the area around the ears and at the nape of the neck.

House and Personal Belongings

Even though cleaning the house is important, excessive cleaning, such as scrubbing the walls, is not necessary. Concentrate on heads, where the lice live and feed. *Daily head checks and nit removal is more effective for the management of head lice.*

Toys and other items that can't be washed - place in an tightly sealed plastic bag for 2 weeks or in the freezer for at least 24 hours.

Hats, pillow cases and pajamas - may be washed in hot, soapy water (66°C) and dried in a hot dryer each day. Dry clean anything that is not washable. Iron items that are safe to iron.

Combs and brushes and hair accessories - soak in very hot, just boiled water for at least 30 seconds each day.

Pets - neither carry nor spread head lice. No treatment is needed.

Regular household cleaning is appropriate. Vacuum mattresses, furniture and car seats. Household sprays are not recommended and can be toxic if inhaled or absorbed through the skin.

References:

- * *Centers for Disease Control and Prevention, Head Lice, Atlanta, November 2010*
- * *Heymann D., Control of Communicable Diseases 19th Ed.*
- * *Pollack, R.J., Journal of Pediatric Infectious Disease, 2007.*
- * *Queensland Government a Health Promoting Schools Approach to Managing Head Lice (2007).*