

## **Head Lice Information**

Lice are small insects that survive by feeding on human blood. They can be found on different areas of the body; however, different types of lice infect different parts of the body. Pets do not spread lice, close person to person contact does. Body lice are the only type of lice that are known to spread disease.

### **Treatment**

When lice are found, treatment to rid the person, clothing, bedding, and personal articles needs to be completed. Treatment for the person includes using a medication specific for treating lice, removing nits (eggs), and retreating. Retreatment depends on the type of medication used. You want to make sure you retreat to kill any lice that have hatched before they have a chance to lay eggs. Retreatment is necessary because none of the medications available completely kill all of the eggs.

Make sure the infected person does not use a crème rinse or conditioner before using the medicated shampoo and do not rewash the hair for 1-2 days after treatment is completed. Combing the hair with a nit comb or flea comb every 2-3 days will help to prevent self reinfestation. Checking for 2-3 weeks is advised to ensure all nits and lice are removed.

To treat clothing and bedding, it is recommended that any article worn by the person within at least 2 days be washed in hot water and put in the dryer to reach a temperature of at least 128.3 degrees F for at least 5 minutes. If an article is unable to be washed and dried, they can be either dry cleaned or sealed in a plastic bag for at least 2 weeks.

It is also recommended to vacuum furniture and floors. This will help to remove any hairs that may have nits on them that may hatch. Combs and brushes should be soaked in water reaching a temperature of at least 130 degrees F for at least 5 to 10 minutes.

Thank you. If you have any questions you can follow the web links used for references or call the school on a Monday or Thursday and I will get back with you as soon as possible.

Sincerely,  
Elizabeth White, RN  
School Nurse

4/23/10

#### References

- Department of Health and Human Services. Centers for disease Control and Prevention. (2008, May 16). *Head Lice*. 16 May, 2008. Retrieved April 23, 2010, from <http://www.cdc.gov/lice/head/>
- Department of Health and Human Services. Centers for disease Control and Prevention. (2008, May 16). *Lice*. 16 May, 2008. Retrieved April 22, 2010, from <http://www.cdc.gov/lice/index.html>
- Department of Health and Human Services. Centers for disease Control and Prevention. (2008, May 16). *Head Lice Treatment*. 16 May, 2008. Retrieved April 22, 2010, from <http://www.cdc.gov/lice/head/treatment.html>