

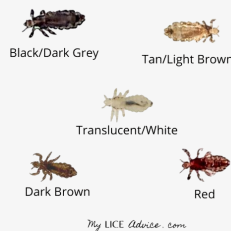
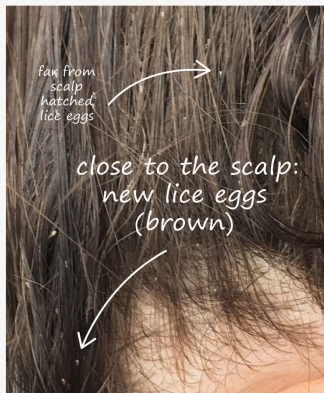


## The Facts.

### What Are Head Lice?

To better understand, learn what they are and where they are found. Head lice are tiny insects (the size of a sesame seed) that live on the scalp. They feed on blood and lay eggs called nits on hair shafts.

- Nits are found within ½ inch of the scalp, eyebrows and eyelashes.
- They are most commonly behind the ears and back of neck.
- Lice are considered a social nuisance.
- Head lice do not spread disease.
- Head lice is not related to cleanliness or hygiene. Anyone can get head lice.
- Untreated lice can cause itching, leading to skin infections that may require antibiotics.



Different lice you may see.

## For More Information Please Contact



**Your Primary Care Provider**  
GRHC Pediatrics  
520-562-1200 EXT 7337



**Your Child's School Nurse**



**GRHC Public Health Nurse**  
520-550-6042



**Pharmacy**  
RTH 520-796-2601  
KHC 520-550-6022  
HHK 602-528-1405

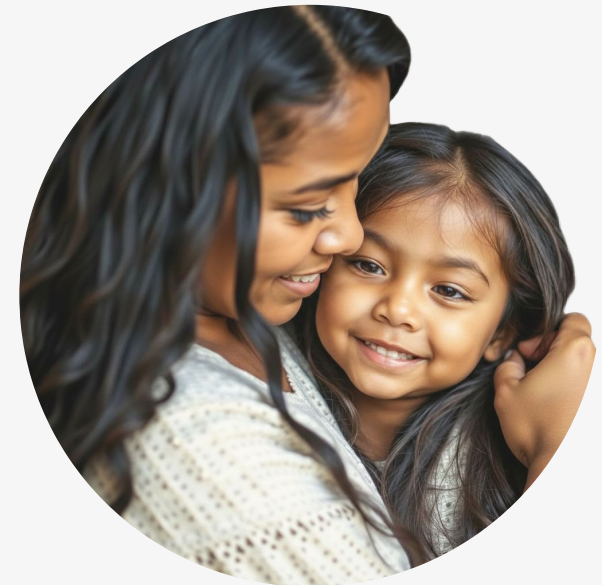


**GRHC School Health Services**  
520-796-2600 EXT 2725

# Head Lice

## What Families Need to Know

Simple facts~Treatment~School guidance



**Provided by**  
**School Health Services**

# What Families Need to Know.

Recognize signs and how lice spread.

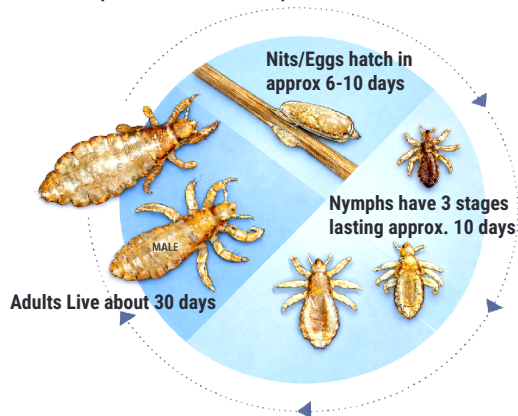
## SIGNS & SYMPTOMS

- Itchy scalp (some children have no itching)
- Tickling feeling on scalp
- Sores from scratching
- Live lice or nits is concerning but manageable.



## HOW LICE SPREAD

- Direct head-to-head contact
- Sharing hats, brushes, combs, hoodies or hair accessories
- Can be spread through co-sleeping
- Lice are not a reflection of hygiene or pet ownership.



## KEY FACTS TO REMEMBER

- Anyone can get lice.
- Lice are common in school-aged children.
- Head lice are manageable with proper treatment.
- Families are key to identifying and treating lice.



## 14-Day Treatment Plan

- |                                                                                                     |                                                                                                      |
|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> <b>Day 1: Use 1st dose of medicated lice shampoo treatment as directed</b> | <input type="checkbox"/> <b>Day 8:</b> Wash, condition, & wet comb daily                             |
| <input type="checkbox"/> <b>Day 2:</b> Comb only no washing                                         | <input type="checkbox"/> <b>Day 9:</b> Wash, condition, & wet comb daily                             |
| <input type="checkbox"/> <b>Day 3:</b> Wash, condition, & wet comb daily                            | <input type="checkbox"/> <b>Day 10: Use 2nd dose of medicated lice shampoo treatment as directed</b> |
| <input type="checkbox"/> <b>Day 4:</b> Wash, condition, & wet comb daily                            | <input type="checkbox"/> <b>Day 11:</b> Comb only, no washing                                        |
| <input type="checkbox"/> <b>Day 5:</b> Wash, condition, & wet comb daily                            | <input type="checkbox"/> <b>Day 12:</b> Wash, condition, & wet comb daily                            |
| <input type="checkbox"/> <b>Day 6:</b> Wash, condition, & wet comb daily                            | <input type="checkbox"/> <b>Day 13:</b> Wash, condition, & wet comb daily                            |
| <input type="checkbox"/> <b>Day 7:</b> Wash, condition, & wet comb daily                            | <input type="checkbox"/> <b>Day 14:</b> Wash, condition, & wet comb daily                            |

- ✓ Use nit comb
- ✓ Wipe comb after each stroke
- ✓ Keep hair wet while combing

***\*\*If live lice remain after following the 14-day plan, contact your healthcare provider for guidance.***

## Prevention & Guidance

### CLEANING THE HOME



- Wash bedding, towels, and clothing from the last 48 hours in hot water
- Dry on high heat
- Soak combs and brushes in hot water (at least 130 degrees F) for 5-10 minutes, ensuring they are fully submerged.
- Vacuum floor and furniture
- Bulky items can be placed in plastic bag for 48 hours to kill lice.
- No sprays, foggers, or special house cleaning needed
- No oils, mayonnaise, vinegar, gasoline or kerosene

### PREVENTION & SCHOOL GUIDANCE

- Children do not need to be sent home early from school.
- They can be sent home at end of day to begin treatment.
- Children may attend school with nits. They may be sent home if they are uncomfortable or have head sores.
- Tell children not to share hats, combs, hoodies or brushes.
- Tie back long hair
- Check children's hair weekly for nits or lice.

