**A Family Guide for Head Lice Management**

Manitowoc Public School District Nursing Team

**Overview**

Head lice is a common community problem, often found among children ages 3 to 11

years old. When head lice is discovered, the infestation has already been present for about 3 weeks. Though a head lice infestation is often spotted at school, it is usually acquired elsewhere, such as at sleepovers or camp, where head-to-head contact is more likely.

Head lice do not transmit diseases, nor are they dangerous. Despite what you may have heard, head lice often infest those with good hygiene and grooming habits. People in your family or community may experience head lice and for this reason, it’s important to know some of the basics. This includes how to recognize symptoms and what to do if faced with a head lice infestation.

**What are head lice?**

Head lice are wingless insects that live close to the human scalp and feed on human blood.

When checking for head lice, you may see several forms: the nit, the nymph or the adult louse.

**Nits** are tiny lice eggs that are often yellow or white in color. Nits are attached to   the hair shaft and often found around the ears or nape of the neck. Nits look similar to dandruff but are not easily brushed off.

**Nymphs** (baby lice) are small                                      Adult lice are the size of a

and grow to adult size in 1 to                                         sesame seed and appear

2 weeks.                                                                        tan to gray in color.

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| **How do head lice spread?**   * Head lice crawl, they do not jump or fly * Head lice are mostly spread by head-to-head contact * Head lice can spread by contact with personal items (hats, scarves, combs) but this is uncommon * Transmission is more likely to occur at home or in the community than at school | **What are the signs of lice infestation?**   * **Tickling** feeling on the scalp or in hair * **Itching** (caused by louse bites) * **Difficulty sleeping** (lice are more active in the dark) * **Sores on the head** (caused by scratching)   Finding a live louse on the scalp is an indication of an active infestation. They are most commonly found behind the ears or near the neckline at the back of the head. |

**What if my child gets head lice?**

If you suspect your child has head lice, there are a variety of over-the-counter treatments available. Correct choice and application of a product containing **permethrin (1%)** is the most important part of the treatment plan. Ask your pharmacist for assistance in locating these products if you are unsure.

It is recommended that the treatment be done over a sink, not in the shower. Remove any clothing that may become wet or stained.

Read all instructions on the label and **apply as directed.**

Using a nit comb (usually found in the product box), comb any remaining lice out of the hair. Be thorough, working with small segments of hair at a time. Do not wash or condition hair for 1-2 days after treating with the lice product as this may decrease the effectiveness.

If you notice that 12 hours after treatment, there are no dead lice and the lice seem to be just as active as before, do NOT retreat! Contact your child’s healthcare provider for further directions as the medicine may not be working.

Use the nit comb every 1-3 days to comb out any remaining lice and nits. This will decrease the chance of self-reinfestation. Most products recommend retreating again 7-10 days after the first treatment. Please follow product recommendations.

Continue to comb and check the scalp for 2-3 weeks to be sure all lice and nits are gone.

All household members should also be checked and those with evidence of an active infestation should be treated at the same time.

Family bed linens and recently used clothing, hats and towels should be washed in hot water and dried on a high heat setting. Items that cannot be easily washed (plush toys) should be sealed in a plastic bag for 2 weeks.

Vacuum floors, furniture and automobile seats.

Personal articles, such as combs and hair ties, should be soaked in hot water for 10 minutes if they were exposed to someone with an active head lice infestation.

**Daim Ntawv Qhia rau Tsev Tibneeg Txog kev Muaj Ntshauv**

**Txog Ntshauv**

Ntshauv yog ib yam teebmeem muaj hauv thaum sawvdaws tuaj uake, feem ntau yog muaj rau cov menyuam noob nyoog 3 txog 11 xyoo. Thaum pom ntshauv, ces twb yog li 3 asthiv lawm. Ntau zaus kuj pom muaj ntshauv tom tsev kawmntawv, tabsis ntshauv yog kis los ntawm mus pw nrog phoojywg lossis pw havzoo, uas ob lub taubhau sib ti.

Ntshauv tsis kis mob, losyog muaj kev puamsij. Xyov koj hnov txog ntshauv li cas, koj yeej kis tau ntshauv txawm yog koj tu koj tus kheej zoo thiab ntsis npaubhau. Cov tibneeg nyob hauv koj tsev lossis cov sab nraum los kuj muaj ntshauv thiab. Yog li ntawd, nws yog ib qho tseemceeb uas yuav tau paub txog saib yuav ua licas. Nws yog ib qho uas koj yuav tau paub txog ntshauv zoo licas thiab yog muaj no ho yuav ua licas.

**Ntshauv zoo licas?**

Ntshauv yog ib tus kab me me tsis muaj tis uas nyob sawm tibneeg tawv taubhau thiab hau tibneeg ntshav. Thaum suav ntshauv, koj yuav pom muaj ntau yam xwsli: qe ntshauv, menyuam ntshauv losyog ntshauv laus.

**Qe ntshauv** yog tej lub qe me daj losyog dawb. Cov qe ntshauv nyob ntawm txoj nplaubhau thiab ib ncig ntawm pobntseg lossis ze cajdlab. Qe ntshauv zoo li plhaw plaubhau tabsis tsis yoojyim ntsis tawm.

**Menyuam ntshauv** me thiab yuav loj tiav ntshauv laus li 1 mus rau 2 asthiv.

Ntshauv Lausluaj li lub noob hnav thiab daj losyog txho.

**Kis ntshauv licas?**

* Ntshauv nkag, nws tsi dlhia lossis ya
* Ntshauv kis tau thaum ob lub taubhau sib ti
* Ntshauv kis tau los ntawm khoom siv (xwsli kaumom, phuam vaj, zuag) tabsis yam no muaj tsawg
* Ntshauv yog kis tom tsev thiab thaum sawvdaws tuaj uake, tsis tshuam muaj tom tsev kawmntawv

**Yam twg qhia hais tias muaj ntshauv?**

* **Tshiab tshiab** tawv taubhau losyog plaubhau
* **Khaus** (qhov uas ntshauv tom)
* **Pw tsis taug** (vim ntshauv sawv thaum ntuj)
* **Taubhau to** ( vim khawb to)

Yog pom ntshauv nyob sawm taubhau ces qhia hais tias muaj ntshauv lawm. Feem ntau ntshauv nyob ze ntawm pobtseg lossis cajdab tom xwbqwb.

**Yog kuv tus menyuam muaj ntshauv ne?**

Yog koj xav tias koj tus menyuam muaj ntshauv nos, nws kuj muaj ntau yam tshuaj koj yuav tau coj los siv. Mus yuav yam tshuaj uas muaj **permethrin (1%)** thiab yuavtsum siv raws li hais yog ob yam tseemceeb tshajplaws thaum koj tua ntshauv. Thov tus kws muab tshuaj pab yog koj tsis paub xyov yuav mus nrhiav rau qhovtwg.

* Nws yuav zoo dua yog koj tua ntshauv saum lub dab ntxuav muag, es txhob siv rau hauv lub dab da dej. Hle tej ristsho uas yuav ntub tau losyog ntshai tsam tshuaj lo.
* Nyeem cov lus taw thiab **siv raws li hais.**
* Siv lub zuag (feem ntau muaj nrog rau hauv lub thawv tshuaj), ntsis cov plaubhau es tshem cov ntshauv tawm. Maj mam ua tib zoo ntsis tshem komn tawm tagnrho, ib qho zuj zus. Tseg txhob zawv plaubhau le 1-2 hnub tomqab tsam ua rau cov tshuaj tsuag lawm es tsis ua haujlwm zoo.
* Yog twb txog le 12 lub teev tomqab koj siv cov tshuaj tag lawm es cov ntshauv tsis tuag es tseem heev npaum li qub, TXHOB siv cov tshuaj ntawm ntxiv lawm! Hu moog rau koj tus menyuam tus kws kho mob tsam cov tshuaj koj siv ntawm tsis ua haujlwm.
* Tos li 1-3 hnub tomqab ces rov siv lub zuag mus ntsis tawm cov ntshauv thiab cov qe. Ua li no ob peb zaug. Li no cov ntshauv thiaj yuav tsis rov fuamvam. Feem ntau cov tshuaj koj siv no yuav tau rov zawv ib zaug dua li 7-10 hnub tomqab thawj zaug koj siv. Thov ua raws li lawv hais.
* Kav tsis ntsis cov plaubhau thiab tshawb daim tawv taubhau le 2-3 asthiv kom txog thaum tsis muaj ntshauv thiab cov qe lawm.
* Txhua leej txhua tus nyob hauv tsev los yuavtsum kuaj thiab siv tshuaj zawv thib lub sijhawm yog tshawb tau tias lawv muaj ntshauv thiab.
* Yuavtsum siv dej kub mus ntxhua tej ntaub pua chaw, ristsho uas nyav hnav, kausmoj, thiab cov phuam dab dej thiab muab ziab kom kub kub rau hauv lub cav ziab. Tejyam tsis zoo ntxhua (xwsli cov khoom uasi uas muas muas) muab ntim tseg rau ib lub hnab yas kom txog li 2 asthiv.
* Siv lub vacuum nqus lub tsev, cov rooj zaum thiab cov rooj zaum hauv koj lub tsheb.
* Lwmyam khoom koj niaj hnub siv, txuam nrog cov zuag ntsis plaubhau thiab cov hlua khis plaubhau, yuavtsum muab raus dej kub txog li 10 nasthis yog cov muaj ntshauv tau siv lawm.