

Calendar for Head Lice Treatment

<p>1 Clean entire house and car (see check list)</p> <p>Treat hair with Olive Oil for 6-8 hours</p>	<p>2 Before shampooing Comb out hair with Metal comb</p> <p>After washing hair continue to NIT PICK and Dry Hair</p>	<p>3 Check hair for nits and NIT PICK</p> <p>Use metal comb or panty hose on damp hair</p>	<p>4 Check hair for nits and NIT PICK</p> <p>Use metal comb or panty hose on damp hair</p>	<p>5</p> <p>Olive Oil hair for 6-8 hours</p>	<p>6 Before shampooing Comb out hair with Metal comb</p> <p>After washing hair continue to NIT PICK</p>	<p>7 Check hair for nits and NIT PICK</p> <p>Use metal comb or panty hose on damp hair</p>
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Helpful Information:

- ◇ Treat hair by applying olive oil to entire dry hair of the head every 4 days before bedtime, than wrap the person's head in a plastic shower cap. Application of these smothering agents usually occurs at bedtime and the substance is allowed to remain on the hair until morning. Use caution when apply shower cap to children head at night. Throw the shower cap away.
- ◇ The next day, comb through hair with a regular comb to detangle the hair and prepare it for the special nit comb. It will take several shampooing to remove the olive oil from the hair; the use of vinegar may help remove the oil from the hair. Then PICK NITS OUT by separating hair into small sections using metal hair clips, and then use metal nit comb or panty hose (static and traction help with removing nits) to remove nits. This is a tedious job when removing nits; it will require patience for both the person infected and the one combing the hair. Be prepared for a long first session, especially if the hair is long.
- ◇ Start at the crown of the head and separate the hair into sections that are about 1 inch by ½ in. Using the nit comb the smaller one for short hair and the longer one for long hair, start as close to the scalp as you can and pull slowly through the hair. Wipe the comb, or dip it in hot soapy water to remove dead lice and nits the comb caught. If it appears you didn't get all the nits the first time, comb that section again. If you are cleaning the comb each time with a tissue, put them in a plastic bag for disposal.
- ◇ Use good natural lighting or bright lights and if available magnifying glass.
- ◇ Remember, killing all the adult head lice is not enough. If even two nits are missed, the head lice infestation will return.
- ◇ Be meticulous in combing out the nits that will be left behind on the hair shafts.
- ◇ The olive oil will smother many of these nits, but not all of them will be killed by the smothering effect.
- ◇ Head lice eggs are very difficult to kill. Therefore, removing them is by far the most reliable option for preventing re-infestation.
- ◇ Bagging up toys, clothes, bedding, blankets, pillows, etc, for at least 2 weeks in large trash bags.

The DO NOTS

Do not use sprays to control units in your home. They are environmentally unsafe and could pose health hazards to family members. Do vacuum carpets, beds, furniture and wash all clothing and bedding. Do remember that lice are parasites and cannot live long without feeding on their human host. They must feed immediately after hatching. Lice will only survive up to 48 hours without being on a host head.

Do not treat any family members who do not have head lice. This will not prevent them from being infested and adds to the chemical resistance some lice strains have developed. Do use a good nit comb on other members of the family to check for head lice. A good quality nit comb with fine teeth is handy to keep in the shower. It should be washed in hot water after each family member uses it or soaked in alcohol.

Do not treat your pets for human head lice. Lice cannot live on pets; they must have human blood and a human host. Treating the pet may be harmful to the pet and for the human using the treatment. Do be thankful for you little pets and the fact they cannot be a host to head lice. Give them an extra hug or treat and inspect them for fleas and ticks.

Do not use head lice treatments to try to prevent infestation of head lice. This only adds to the resistance of some strains of head lice to the products designed to kill them. You cannot prevent head lice by using treatments. Do try using mousse, gel or hair spray to keep nits from sticking to the hair shafts. They like to make their own glue-like substance and do not like sticky hair shafts.

EVERYTHING MUST BE DONE ON THE SAME DAY!!!

Check List for cleaning: mark off when done

Wash and Dry.

Bedding and towels

Bedspreads (or place in a large plastic bag that is sealed and is not opened for at least 2 weeks)
Comforters (or place in a large plastic bag that is sealed and is not opened for at least 2 weeks)
Blankets (or place in a large plastic bag that is sealed and is not opened for at least 2 weeks)
Top Sheets
Fitted Sheets
Matters Pad covers (either wash or wipe clean with hot soapy water if not washable)
Towels: kitchen and bath
Pillows (or place in a large plastic bag that is sealed and is not opened for at least 2 weeks)
Use clothes dryer and set on high heat for 20 minutes (dryer safe items only)

Clothing

Coats
Book bags
Hats/ Scarves/ Mitten/ Gloves
Shirts/ Blouses/ Pants/ Underwear/ Socks/ Slippers
Any clothing that the individual has been in contact with recently
Including those in dirty clothes piles/ hampers and other clothing in contact with carpet and child.
Use hot water and soap and/ or dry clean. Temperatures > 130 degrees.
Use clothes dryer and set on high heat for 20 minutes (dryer safe items only)

Toys

Stuffed animals (or place in a large plastic bag that is sealed and is not opened for at least 2 weeks)

Vacuum:

Couches
Carpets
Throw Rugs
Car Seats
Chairs
Mattress need to be vacuumed if not washable
Car/ truck that individuals has rode in recently
Discard used sweeper bag immediately in a sealed plastic bag----outside of home.

Soak:

Brushes
Combs
Hair Ribbons or bows
In hot soapy water or boiling water for 10 minutes

Bathing:

All individuals and their hair at one time and on the same day.

Remove all nits and lice. (Bugs) Those not removed may hatch out in a day or in a few weeks. This is why you MUST REMOVE ALL NITS. Use your finger nails, lice metal comb or a pair of nylon panty hose over your hand as you pick through the hair. Discard the panty hose.

DO NOT USE SPRAYS: they are harmful to you and your family and they do not work against lice that are resistant to them.

Photos & Symptoms Of Head Lice

What do head lice look like?

Head lice have three forms: the egg (also called a nit), the nymph, and the adult.



Egg/Nit: Nits are lice eggs laid by the adult female head louse at the base of the hair shaft nearest the scalp. Nits are firmly attached to the hair shaft and are oval-shaped and very small (about the size of a knot in thread) and hard to see. Nits often appear yellow or white although live nits sometimes appear to be the same color as the hair of the infested person. Nits are often confused with dandruff, scabs, or hair spray droplets. Head lice nits usually take about 8-9 days to hatch. Eggs that are likely to hatch are usually located no more than $\frac{1}{4}$ inch (or 1 centimeter) from the base of the hair shaft.



Nymph: A nymph is an immature louse that hatches from the nit. A nymph looks like an adult head louse, but is smaller. To live, a nymph must feed on blood. Nymphs mature into adults about 9-12 days after hatching from the nit.

Adult: The fully grown and developed adult louse is about the size of a sesame seed, has six legs, and is tan to grayish-white in color. Adult head lice may look darker in persons with dark hair than in persons with light hair. To survive, adult head lice must feed on blood. An adult head louse can live about 30 days on a person's head but will die within one or two days if it falls off a person. Adult female head lice are usually larger than males and can lay about six eggs each day.



What are the symptoms of head lice?

- **Tickling feeling of something moving in the hair.**
- **Itching, caused by an allergic reaction to the bites.**
- **Irritability.**
- **Sores on the head caused by scratching. These sores can sometimes become infected.**

How is head lice diagnosed?

An infestation is diagnosed by looking closely through the hair and scalp for nits, nymphs, or adults. They can usually be found behind the ears, back of neck and part lines. It can be difficult to find a live bug. There are usually a few of them and they can move quickly. If crawling lice are not seen, finding nits within a 1/4 inch of the scalp strongly suggests that a person is infested and should be treated. If you only find nits more than 1/4 inch from the scalp (and don't see a nymph or adult louse), the infestation is probably an old one. If you are not sure if a person has head lice, the diagnosis should be made by your health care provider, school nurse, or a professional from the local health department.