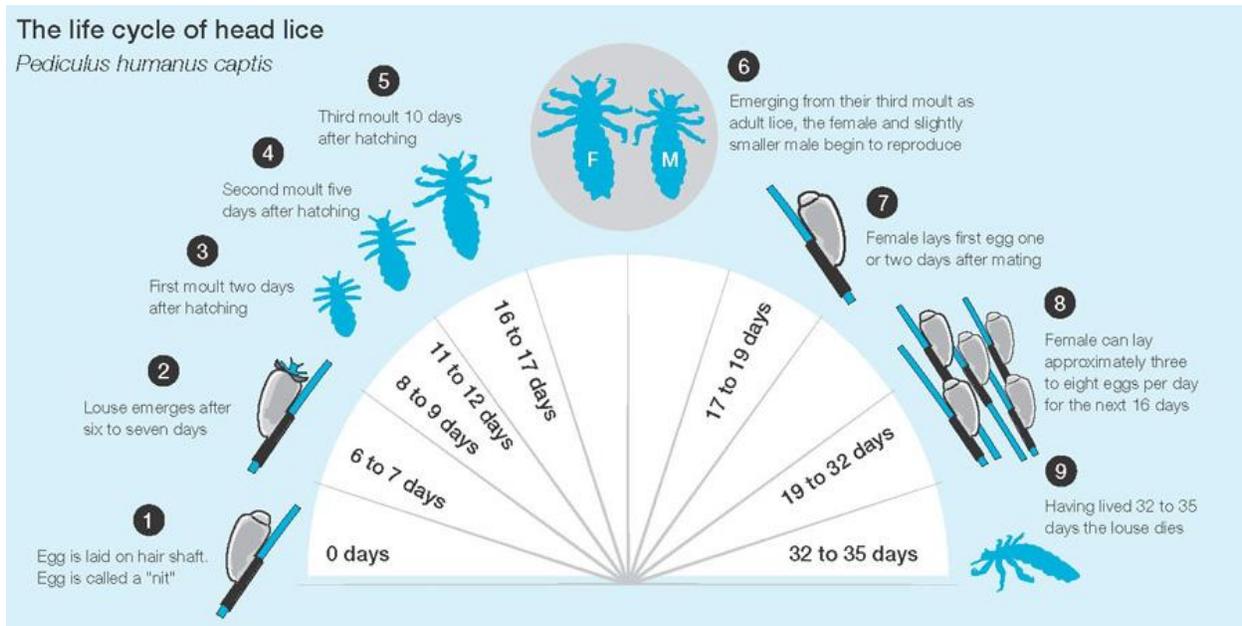


# A Guide to Head Lice Treatment and Prevention

Head lice are very small insects, 2-4 mm in size. They can only survive on a human head. Their color can change to adapt to the hair color of their host. They live and lay eggs (nits) close to the scalp.



## How are Head Lice Spread?

98% of cases are from head to head contact. They do not fly or jump. They cannot live off the head after 24 hours.

## Prevention of Head Lice

Weekly head checks and the use of mint spray is your best defense.

**Mint Spray Recipe:** Put 10 drops of mint essential oil into 16 ounces of tap or bottled water in a spray bottle. Spray on hair at least daily. Shake well before each use.

## What are the symptoms of head lice?

You may not notice any symptoms other than live lice or nits on the hair shaft.

However, you may notice:

- Rash at the nape of the neck
- Itching (only in approximately 50% of people)

## Steps for Treatment

### 1. Kill the lice-Be sure to follow package directions.

- Manual Removal
- Over the counter treatments
- Prescription products
- Home Remedies

### 2. Remove all the lice and nits



- Comb, Comb, Comb
- Use fingernails to remove remaining nits

\*\*\***MOST IMPORTANT STEP!**\*\*\*



### 3. Remove lice from the environment

- ❖ Clean areas that they have had contact with in the last 24 hours

The only place in this entire world that lice can survive is on a human head! A louse can only survive off of a human head for 24 hours. This means lice CANNOT infest your house, camp, school, etc.

If you have lice, here is the cleaning you need to do:

- ✓ Wash sheets, blankets and clothes worn within the last 24 hours.
- ✓ Boil brushes and combs recently used for 5 minutes or put in dishwasher.
- ✓ Vacuum fabric furniture and in the car where heads rest. *You can also go over these areas with a sticky lint roller.*
- ✓ Place stuffed animals (that children sleep with) in the clothes dryer for 30 minutes or in a plastic bag for 48 hours.

### 4. Follow-up and repeat as needed

- Weekly checks and combings
- Lice leave a scent for 6-8 weeks, making it possible to get it again.  
*It is very important to keep checking and combing.*
- The mint spray (see recipe on the other side) can be used on a daily basis.

## Who to Notify:

Notify anyone who has been in **close** contact over the last 24 hours.

- All family members
- Best friends, cousins, and close contacts
- Teammates
- School and Day Care Provider