



Lice Lessons

Head Lice 101

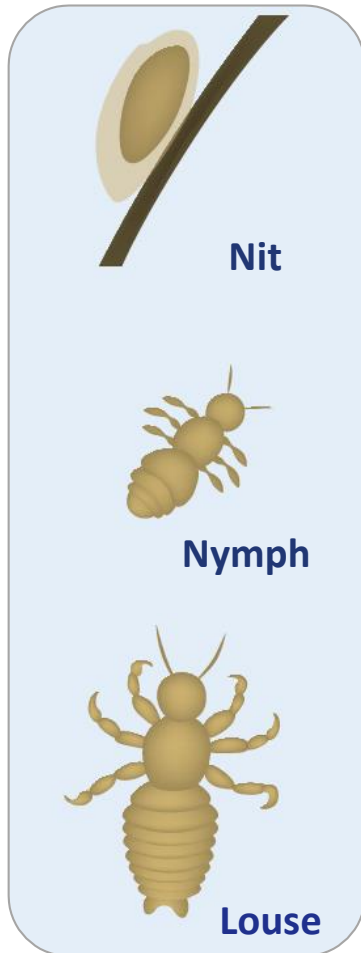
An Overview for Parents, Teachers, & Communities

Head Lice Fast Facts

- **Head lice are a common community issue**
 - In the United States, an estimated 6 to 12 million lice infestations occur each year among children aged 3 to 11¹
 - Children can get head lice anytime they are in close contact with others – for example, during play at home or school, slumber parties, sports activities or camp
- **Head lice are wingless insects**
 - They live close to the scalp and feed on human blood
 - They are not dangerous and do not transmit disease but are easily spread¹
- **School nurses are often the first to detect head lice**
 - If head lice is suspected, it is important for families to talk to their healthcare provider



What Are Head Lice?



Head lice are tiny, wingless insects that live close to the human scalp. When checking a student for head lice, you may see several forms:¹

— Nits (eggs)

- Teardrop shaped
- Attached to the hair shaft
- Yellowish or white
- Can be confused with dandruff but cannot be brushed off

— Nymph (baby louse)

- Grows to adult size in one to two weeks
- Found on the scalp or in the hair

— Adult louse

- Size of a sesame seed
- Tan to grayish-white
- Commonly behind the ears and near the neckline



Who and How?



Who gets head lice?

- Almost anyone can get head lice
- Head lice are not a health hazard or sign of poor hygiene²
- Children attending preschool or elementary school, and those who live with them, are the most commonly affected¹

How do head lice spread?

- Most often spread by direct head-to-head contact¹
- Head lice cannot jump or fly¹
- They cannot live off the head for long, so it is uncommon to spread head lice by contact with clothing or other personal items¹
- Dogs, cats and other pets do not play a role in spreading head lice¹



Is It Head Lice?



- Some people don't experience symptoms, but those who do most commonly experience:¹

- **Tickling** feeling on the scalp or in the hair
- **Itching** (caused by the bites of the louse)
- **Irritability and difficulty sleeping** (lice are more active in the dark)
- **Sores on the head** (caused by scratching)



- Finding a live louse is the best indication of an infestation.³

- **Look for nits close to the scalp;** lice are most commonly found behind the ears and near the neckline at the back of the head.



I Identified a Live Louse. What Next?

5 Steps For Parents:

How to Manage an Active
Head Lice Infestation

- ❑ Check the whole family for head lice.
Anyone with evidence of an active lice infestation should be treated, and all persons with active head lice should be treated at the same time.⁵
- ❑ See your healthcare provider.
- ❑ Clean to remove lice from your house.
- ❑ Share the info with your child's school and the parents of other children your child may have come into contact with.

- If head lice are suspected, families should consult with a healthcare provider as soon as possible
- Key treatment considerations include:
 - Resistance to some over-the-counter (OTC) head lice treatments has been reported, but the prevalence is not known²
 - There is no scientific evidence that home remedies are effective⁴
 - There are prescription treatment options available – caregivers should contact their child's healthcare professional to determine what is appropriate for them



What About Cleaning?



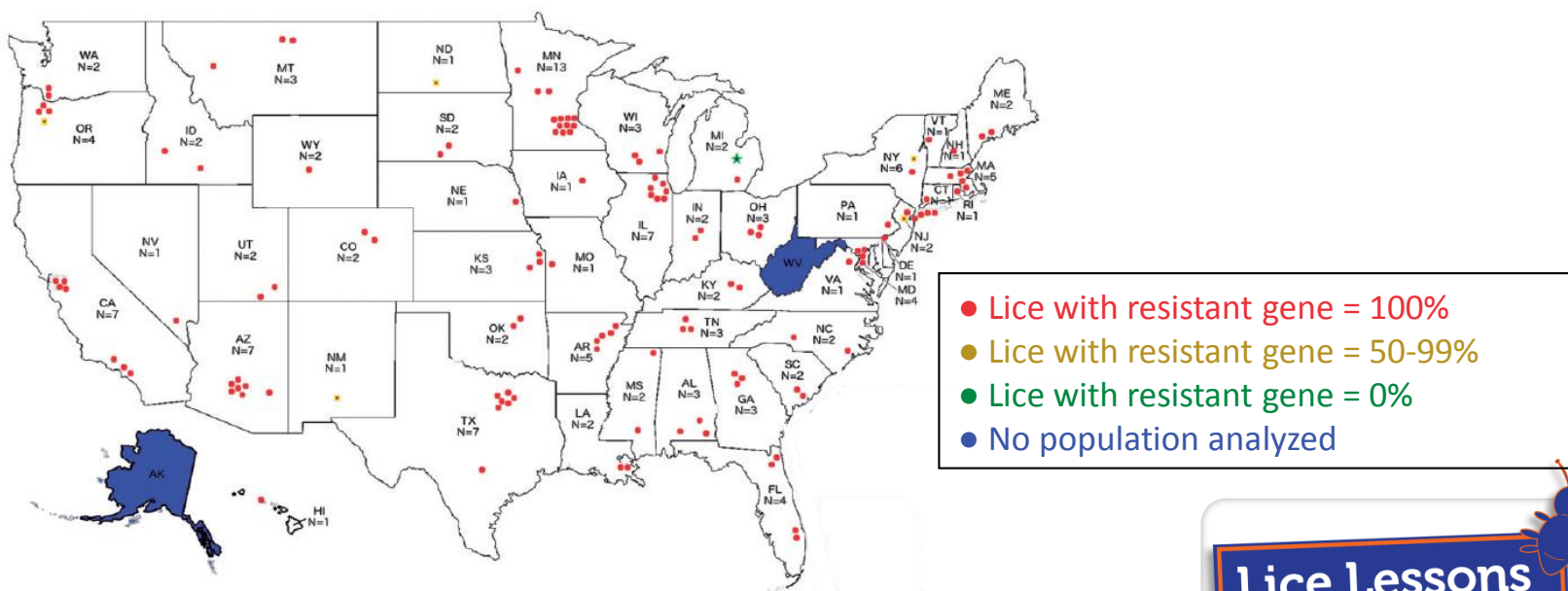
- Vacuum floor and furniture where the infested person sat or lay⁶
- Fumigants or fogs are not necessary and may be dangerous if inhaled or absorbed through the skin⁶
- Family bed linens and recently used clothes, hats and towels, as well as personal articles such as combs, brushes and hair clips should be washed in very hot water⁵
- Items that can't be washed should be sealed in a plastic bag for two weeks⁵



2016: Frequency of U.S. Lice with Treatment-Resistant Gene⁷

- Between July 2013 and May 2015, lice from 48 states were collected to be tested
 - (138 geographic collection sites, ranging from rural to metropolitan areas)
- These samples were used to determine the extent and magnitude of lice resistance to the pyrethrin or pyrethroid insecticides commonly used in some over-the-counter (OTC) lice treatments
- 100% of lice in 42 states samples (88%) were found to have the resistant gene

This indicated that lice that have the treatment-resistant gene are widely present in the US



Supporting Families Facing Head Lice

- Children and parents managing head lice may feel stigmatized and ostracized^{8,9}
- We can all help support families facing head lice by:
 - Dispelling myths
 - Maintaining privacy
 - Keeping kids in school
 - Encouraging families to talk to their health care provider
- If you want to learn more, contact your school nurse for more *Lice Lessons* resources or visit NASN.org!



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Lección sobre los niños

Preguntas frecuentes acerca de los niños



En general, los niños con discapacidades intelectuales y/o emocionales aprenden a una velocidad más lenta que los niños sin discapacidades.

P ¿Puedo leer a mi hijo?

R Sí, puede leer a su hijo. Los niños con discapacidades intelectuales y/o emocionales aprenden a una velocidad más lenta que los niños sin discapacidades, pero todos los niños aprenden a leer. La lectura es una habilidad importante que todos los niños deben aprender.

P ¿Puedo enseñar a mi hijo a escribir?

R Sí, puede enseñar a su hijo a escribir. Los niños con discapacidades intelectuales y/o emocionales aprenden a una velocidad más lenta que los niños sin discapacidades, pero todos los niños aprenden a escribir. La escritura es una habilidad importante que todos los niños deben aprender.

P ¿Puedo enseñar a mi hijo a hacer cosas prácticas?

R Sí, puede enseñar a su hijo a hacer cosas prácticas. Los niños con discapacidades intelectuales y/o emocionales aprenden a una velocidad más lenta que los niños sin discapacidades, pero todos los niños aprenden a hacer cosas prácticas. Las habilidades prácticas son importantes para la vida diaria.

Like Lessons

Frequently Asked Questions About Head Lice



As a school nurse, you're likely to get a lot of questions from families. Facing a threat of lice infestation, there are some questions and concerns that may come up, and answers that you can share with students, teachers, and administrators.

Q What are lice?

A Lice are small insects that live on the scalp and feed on human blood. They are most commonly found on the head, but can also be found on the body and in the hair.

Q What are the signs of lice?

A The most common sign of lice is intense itching of the scalp. Other signs include seeing the lice on the scalp, or finding small white eggs (nits) on the hair.

Q What are the symptoms of lice?

A The most common symptom of lice is intense itching of the scalp. Other symptoms include seeing the lice on the scalp, or finding small white eggs (nits) on the hair.

Q How can I prevent lice?

A The best way to prevent lice is to avoid contact with someone who has lice. This includes sharing hats, hairbrushes, and towels. It also includes avoiding close contact with someone who has lice.

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Facing Head Lice

A Guide for Families

What Are Head Lice?

Head lice are one of the most common conditions among school-age children.

Lice feed on human blood and live close to the scalp.

Head lice aren't dangerous, but they are a nuisance!

Nit

Nymph

Fully Grown Louse

[illegible]

Head Lice 101

What You Should Know About Head Lice

Overview

Head lice are small, wingless parasites that infest the hair of children, adolescents and adults. They are most commonly found on the scalp, but can also be found on the eyebrows and eyelashes. Head lice are usually spread from person to person through direct contact, such as sharing a comb or brush, or through contact with infested clothing or bedding. Head lice are not dangerous, and they do not transmit disease. However, they can be very itchy and can cause discomfort. They are usually treated with over-the-counter or prescription medications. It is important to treat head lice promptly to prevent the spread of the infestation and to avoid embarrassment.

Fast Facts

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Combs or brushes can spread head lice from one person to another. It is important to avoid sharing combs or brushes with someone who has head lice. If you do share a comb or brush, it should be washed thoroughly with soap and water.



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How are head lice spread?

Head lice are spread from one person to another through direct contact. This can happen when two people share a comb or brush, or when they touch their heads together. Head lice can also be spread through contact with infested clothing or bedding. Head lice are not dangerous, and they do not transmit disease. However, they can be very itchy and can cause discomfort. They are usually treated with over-the-counter or prescription medications. It is important to treat head lice promptly to prevent the spread of the infestation and to avoid embarrassment.

What are the signs and symptoms of infestation?

The most common sign of head lice infestation is itching. This is caused by the lice themselves, as well as by the allergic reaction to their saliva. Other signs and symptoms of head lice infestation include:

- Red, swollen bumps on the scalp.
- Headaches.
- Sore neck.
- Swollen lymph nodes.
- Discomfort when combing the hair.

 If you suspect that you or your child has head lice, it is important to see a doctor for treatment. Head lice are usually treated with over-the-counter or prescription medications. It is important to treat head lice promptly to prevent the spread of the infestation and to avoid embarrassment.

Three overlapping sample pages from the 'LIFE Lessons' curriculum. The pages are white with teal borders and feature a teal ribbon graphic on the right side. Each page has a title bar at the top right that says 'LIFE Lessons' in white text on a teal background. The pages contain various text, including lesson titles, objectives, and activities. The top page is titled 'Lesson 1: The Power of the Word', the middle page is 'Lesson 2: The Power of the Word', and the bottom page is 'Lesson 3: The Power of the Word'. The pages are arranged in a way that shows the progression of the curriculum.

Available in Spanish & English

Lice Lessons



***The Lice Lessons educational initiative is made possible
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and Arbor Pharmaceuticals***



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