
The Most Important thing to remember when treating your child!

Would you be upset or angry with your child if they were bitten by a mosquito? Or stung by a bee?

Realize that if your child has head lice they have done nothing wrong. They need your love and support as you treat them for this problem. Use the time while grooming and checking your child to show them how much you care. Do not act disgusted or angry while you care for your child . . . Your child will think you are disgusted with them. Head lice know no ethnic or social boundaries so there is no need for you to feel shame if your child has head lice. Nor should your child feel that they have done something wrong!



3. Preventing Reinfestation

Wash all bed linens and recently worn clothing in hot soapy water in a washing machine. A hot dryer (over 140°F) will kill adults and nits.

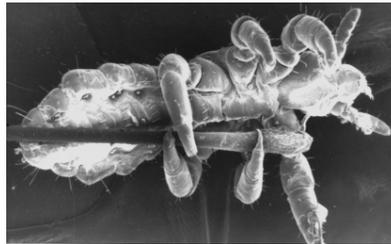
Items that cannot be washed can be vacuumed or placed in a plastic bag for two weeks (all lice will die of starvation).

Get every member of the home their own comb or brush. Tell children to not share combs or hats.

Continue to check the hair for head lice.

There is no need to 'bug-bomb' your home. Instead, vacuum the couch, carpeting where the children may lie down, etc. Lice have a hard time moving when not within hair. The same claws that help them cling to human hair keeps them from moving around when off the hair.

Human lice are only on humans, not on cats or dogs!



**FOR MORE INFORMATION ABOUT
HEAD LICE, CONTACT YOUR
NAVAJO COUNTY HEALTH DEPARTMENT**

117 EAST BUFFALO STREET
HOLBROOK, AZ 86025
(928) 524-4750

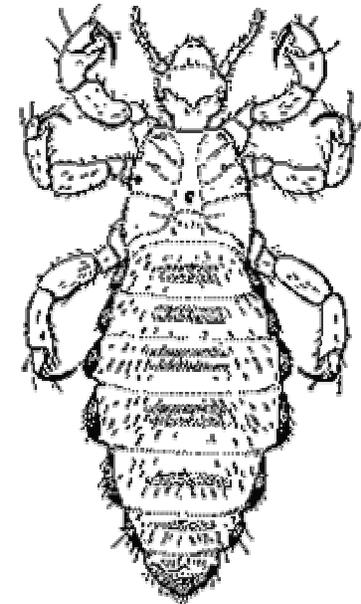
600 N. 9th DR.
SHOW LOW, AZ 85901
928-532-6050



HEAD LICE

WHAT PARENTS NEED TO KNOW
ABOUT THESE INSECT PESTS

FOR MORE INFORMATION ABOUT
HEAD LICE, CONTACT YOUR
NAVAJO COUNTY HEALTH
DEPARTMENT



*In Service to the citizens of
Navajo County, Arizona*

What to look for.

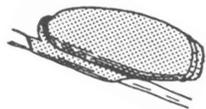
Head lice are insects about this long (—) and are grayish-white with dark borders. Lice do not have wings and cannot fly. They cannot jump (like fleas) but are designed to climb through human hair using their specialized claws (see photo)

Lice live for about 30 days.

Because the adults are hard to see, head lice are usually discovered by finding their eggs (called 'nits'). Lice attach nits to a hair shaft with a water-proof 'cement' making it hard to wash or brush nits out of the hair. People used to think that only nits close to the scalp were alive, but this is not so. All nits found need to be considered as alive. Use a magnifying glass and strong light . The nits are



oval-shaped and glued to one side of the hair shaft. The spent egg stays attached to the shaft after hatching.



Nit attached to hair

Control Methods

It is important to not 'Panic' and overreact when you discover head lice. These insects are an annoyance but do not carry any major disease. Because they can irritate the skin when they take a blood meal, scratching can sometimes cause a secondary infection.

Three Control Steps

1. Kill the Adults

Pesticides There are several different types of pesticides formulated into treatment shampoos. All must be used with caution & according to the instructions. Pesticides should not be used on:

- Women who are pregnant or nursing.
- On children under two years of age.
- Any one with a pre-existing medical condition such as allergies, asthma, or epilepsy.
- Around the eyebrows / eyelashes / eyes.
- Children who have had repeated exposures.

DO NOT USE ANY TREATMENTS THAT CONTAIN LINDANE. THIS CHEMICAL CAN CAUSE SEVERE REACTIONS— AND DEATH—IN SOME CHILDREN.

Some have reported success using 'natural' remedies such as olive oil to coat the hair. The adults (and possibly the nits) are killed by suffocation—the oil blocks the breathing pores of the insect. Other home remedies such as kerosene, gasoline, etc. have **NO PLACE** around the head lice victim.

2. Become a Nit-picker

Purchase a metal lice comb. The space between the tines must be more narrow than the width of the nit. Combing should be done under strong light with the child's head just below your eye level. For long hair, work olive oil into the hair to prevent tangles.

Separate a mass of hair slightly wider than your lice comb and 3/4" in the other direction.

Hold the hair mass with one hand and with the other, slant the lice comb toward the head.

Insert the comb into the hair as close to the scalp as possible. Pull the comb slowly to dislodge the nits on the hair shaft.



Comb by sections until clean, then pin to the side. Whenever you comb out nits or live lice, dunk the comb in soapy water. Make sure the comb is clean before used on the hair again. Wipe with tissue. Discard the soapy water and tissue down the toilet.

When all the hair has been combed, shampoo with a regular shampoo to remove the olive oil.

Check for stray nits and remove with scissors.

