

# HEAD LICE TO DEAD LICE

## Head Lice Facts

- \*The presence of head lice is not a sign of poor personal hygiene.
- \*Head lice can not be caught from pets, other animals or plants. They live on human heads.
- \*Head lice can not jump or fly.
- \*Head lice do not cause disease. An outbreak of head lice is not a public health emergency.

### Day 1

1. Use Olive Oil and/or a pediculicide

If you use the Olive Oil- see Day 2-3 for treatment directions.

OR- use a pediculicide which is an over-the-counter lice shampoo or crème rinse. This kills most of the live lice but not all. Read the labels carefully and discuss the product with your doctor or pharmacist. Use only once.

A new product called LICE- Free has been reported by parents to work well. Its does not contain any chemicals.

2. Comb/pick the nits out

Leave the olive oil in the hair for the comb out. Using a good nit comb, comb the hair in sections. Then comb carefully over the entire head. If the comb does not work well in your child's hair, you may need to literally pick them out with your fingers.

3. Clean the environment

Clean your house well once. Vacuuming, washing bed linens and clothing should be included. You can bag up stuffed animals and hair supplies or soak them in hot water. After that, focus on the head, pillow case and pajamas. The sprays are not effective and may even be harmful to your health.

4. Check all family members and treat if needed.

### Days 2 -3

1. The olive oil treatment

Olive oil smothers and kills the live lice and nits! Apply liberally to the scalp and hair. It then must be left on for at least 8 hours. Then shampoo out with regular shampoo. NOTE: The olive oil kills by covering the holes through which the lice breathe. If the lice aren't completely covered by the oil, they may not die. But the oil will slow them down, allowing them to be caught in the nit comb. If the pediculicide fails to kill a bug, it means that bug is resistant and will never be killed by that chemical no matter how many times you use it. This is not true of the olive oil. Each time you use the olive oil, it has a good chance of smothering the bug and nit.

2. Comb/pick the nits out

3. Clean

Wash bedding and places where your child places his/her head (sofa, car seat, favorite cushion...) Wash the pillow case and pajamas daily for 10-14 days.

### Days 3-14

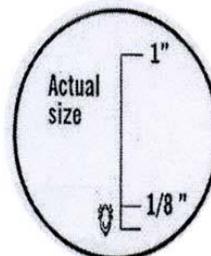
1. Olive Oil Treatment - Continue to use Olive Oil every 3 days if you are still seeing nits.
2. Comb /pick the nits out -Continue to comb/pick the nits out.
3. Clean - Continue to wash the pillow case and pajamas

**Repeat the olive oil every three days until all nits are gone. This may take more than a week depending on how good of a nit picker you are. If you miss the olive oil treatment days or quit nit picking, more nits may hatch and then you must start all over again.**

**\*\*\* Your child can return to school when you have completed the first olive oil treatment and/or the pediculicide. Our district policy can be read in full on the other side of this page. Your child will be monitored at school and will be sent home if live lice are found. \*\*\***

### Life Cycle:

- Day 0- Nit (lice egg)
- Days 6-7 Lice hatch
- Days 8-16- Matures
- Days 17-19 Starts to reproduce
- Days 19-32 Lays eggs
- Days 33-35 Con't to lay eggs and then dies



**Note- If a mature louse (single word for lice) attaches to the hair it may begin to lay eggs immediately so lice may start hatching with in a few days. If a live nit remains on the hair shaft, it will hatch and start the whole process all over again.**

