

Quick Guide on HEAD LICE



For questions or more information regarding the treatments and control of head lice you can contact: SHEBOYGAN COUNTY HEALTH AND HUMAN SERVICES DEPARTMENT

Division of Public Health

1011 North 8th Street Phone- 920-459-4382
Sheboygan WI 53081 Toll Free- 1-800-596-1919

WHAT ARE HEAD LICE?

- **Lice** (louse) are tiny, wingless, 6-legged bugs that are about the size of a sesame seed.
- Every day a female louse lays 3-5 tiny oval gray/white-brown colored eggs that are actually glued to the hair strand of humans. **These eggs cannot be washed off.**
- An adult louse can live for 30-35 days on a person's head.

HOW DO YOU GET LICE?

- They are spread from one person with lice to another by having **head-to-head contact** and sharing hair brushes, hats, pillows, other bedding, etc.
- **Note: Lice crawl** and do not jump or fly.

SIGNS OF LICE

- **Itching** occurs when lice crawl over the head, biting the scalp.
- Lice and eggs can be seen with the naked eye if one looks closely. Usually eggs will be the first thing seen as live lice move quickly.

HOW TO TREAT LICE

- **Check everyone** that lives in the same household and treat all those found to have live lice or newly identified eggs/nits at the same time.
- **Purchase an over the counter or prescription lice treatment product and use** following all directions carefully. Instructions differ from product to product. **Many products require re-treatment in 7-10 days.**
- **Wash** all clothing, bedding, stuffed animals, hair accessories, and other items in contact with the persons with head lice during the last two days. Wash items in **HOT** water and dry on a **HOT** setting. Vacuum carpeting and furniture, seats in vehicles. Items that cannot be washed should be bagged in plastic for two weeks.
- **Contact** the school and anyone who had close contact with your child to encourage them to look for lice.

OTHER THINGS TO KNOW

- **NOTE:** a single head lice treatment does not kill all of the nits. Removal of nits may be suggested to avoid future confusion when checking heads for new lice infestation. It is important to **check your child's hair every day for at least the next 10 days**, as part of a daily routine.