

NOTE: If using a chemical lice treatment, do not treat hair more than twice in three weeks.

STEP #5

Do regular lice checks at home. Most schools conduct lice checks in September and after holiday periods, and anyone found carrying them is sent home until they've been successfully treated.

STEP #6

You now need to lice-proof your home:

- Wash all clothing, nightwear, bedding and stuffed toys belonging to the infested person and place in a HOT dryer for at least 30 minutes. (The heat kills them.) Items that cannot be dried should be placed in a sealed plastic bag for two weeks or longer. This includes helmets and other headgear.
- Vacuum furniture, mattresses and carpets thoroughly.

Insecticidal Lice Shampoo and Alternate Treatments

Lice shampoo containing insecticides are readily available without a prescription from your pharmacist. If all the above steps are carefully followed as well, they usually effectively eliminate the problem in one application. Lice can become resistant to some insecticides, however, and they should not be used repeatedly. Some people are sensitive to the chemicals they contain, too.



Alternate "home recipes" or natural products such as essential oils have been used with varying degrees of success. (Tea tree oil, thyme, rosemary and eucalyptus mixed with a carrier oil are often recommended, as is rubbing tea tree oil on the scalp as a preventive measure). Many of these products are available at natural food stores and/or pharmacies.

FOR MORE INFORMATION ON TREATMENTS AND ABOUT HEAD LICE IN GENERAL, CONTACT:

**THE PUBLIC HEALTH DEPARTMENT
IN YOUR COMMUNITY**

**NATIONAL PEDICULOSIS ASSOCIATION
1-781-449-NITS**

**LICE BUSTERS: toll free 1-877-410-LICE or
(416) 410-LICE (5423) or
www.cwinds.com/licebusters**

LICE ADVICE HELP LINE: 1-800-783-1919

(This help line is paid for by the manufacturer of a product containing one of the commonly used insecticides.)

**Your community libraries
will have information as well.**



For further information contact:

**PETERBOROUGH VICTORIA NORTHUMBERLAND
AND CLARINGTON
CATHOLIC DISTRICT SCHOOL BOARD**

1355 Lansdowne Street West
Peterborough, Ontario K9J 7M3

Phone: (705) 748-4861

1-800-461-8009

Fax: (705) 748-9734

DESIGNED AND PRODUCED BY THE COMMUNICATIONS DEPARTMENT
2001



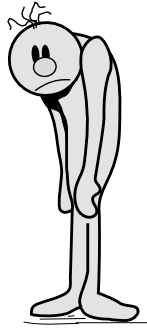
**DON'T LET
Head
Lice
BUG YOU!
INFORMATION FOR
STUDENTS
&
PARENTS**



Don't Let Head Lice Bug You!

Like thousands of other Canadian families, it's quite possible that yours, too, will be bugged by head lice at some time. It's annoying and inconvenient, all right ... and to think that even the cleanest folks can get them is downright lousy!

But take heart ... pesky as they are, head lice aren't a threat to your family's health. And with a little know-how and a good dose of patience, you can nix 'em for good. Here's how to get to the root of the matter.



FIRST A LITTLE BACKGROUND

What ARE head lice?

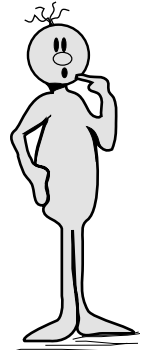
- Head lice are tiny, wingless insects that thrive on the human scalp. They are very small: about the size of this dot “.” and can grow to 1/4”. They do not jump, fly, or hop, and they're quite difficult to see.
- Head lice do not live on cats or dogs. They like the human head because it is the right temperature to keep them alive (about 30°C). Adult lice can only survive for one to two days off the head. But ... they can lay eggs (called “nits”). These eggs hang around for about 7 to 10 days before hatching into “nymphs” (sexually immature adults). In another 10 days, the nymphs become sexually active adult lice. The adult lice stage, too, is about 10 days. So the entire life cycle is approximately 30 days ... but during her time as an adult, the industrious female louse can lay between 50 and 150 eggs (nits).

What do nits do?

- These tiny creatures, which look like tear drops, glue themselves to hair shafts near the scalp.

Why ME?

- The first reaction most of us have when we discover that someone in the family has head lice is one of horror. But while it is essential to take immediate measures to get rid of them, try not to be too alarmed ... and don't take it as an affront on your family's



cleanliness. They are not an indication of poor hygiene, they are not a health hazard, and they usually do not produce any symptoms. (Some people experience itching, but many do not). They need to be eliminated, though, or they will continue to multiply and spread to other people.

How are they spread?

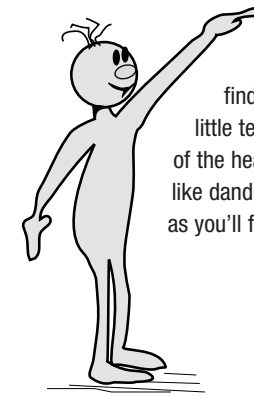
- Head-to-head contact is the most common way head lice find their unsuspecting hosts, and it's why kids so often end up with them. So keep the following tips in mind ... and make sure your kids do, too!
- Don't share or borrow combs, brushes, barrettes, hair ribbons, headbands, hats, helmets or other head/hair accessories, or scarves or pillows.
- Avoid putting coats and/or hats close to others whenever possible. Tuck hats in coat sleeves, and hang coats so they're not touching others or store them in your knapsack.
- **REMEMBER:** catching head lice isn't something to be embarrassed about. It doesn't mean you're dirty. (In fact, lice prefer clean scalps!) If they find their way into your household, though, be sure to let your child's teacher(s) know, and keep him/her at home until you've successfully nixed the nits. (Those found to be carrying head lice at school are sent home for treatment). And please, tell the parents of their friends, too. It's not news that's going to make anyone's day, but they'll be grateful for the tip so they, too, can take action.

AND SPEAKING OF TAKING ACTION ...

Here's what you need to know to nix the nits:

FIRST ... Make sure that what you suspect is head lice really is. Look for one, some, or all of the signs at least once a week:

- Live or dead lice in the hair
- Nits (little empty egg cases that attach themselves to the hair shaft. They look like little white tear drops, and are usually most plentiful around the nape of the neck, the temples and ears).
- Itchy head
- Rash around head or ears
- Dark, gritty dust found on pillows or collars



REMEMBER: What you're looking for is VERY TINY.

A magnifying glass can help you find them. Look for lice and nits (those little tear drops) around the neck, the crown of the head and over the ears. Nits look much like dandruff, but they're uniform in shape and, as you'll find, very difficult to dislodge.

So now it's time to get down to the nitty gritty task of GETTING RID OF THEM!

STEP #1

Purchase a lice-killing shampoo. (See “Shampoos and Alternate Treatments” on back of this panel.) Read the directions and warnings carefully and follow the instructions exactly.



STEP #2

Comb out any dead lice that weren't washed away. (Special lice combs are available at pharmacies but they're not essential. A regular fine-tooth comb will work, and fingers are even better.) Slide the nit along the hair shaft with the nail of your thumb and forefinger. Place the nits in a plastic bag and dispose of them later.

STEP #3

Keep at it until all nits have been removed. It's a tedious job, especially if you're working with long hair. (Now you know the true meaning of a “nit-picking task”!)

STEP #4

When you're confident you've got them all, wash all combs and brushes and place in boiling water for 10 minutes. Wash your hands and fingernails thoroughly. Keep checking daily for nits. You could easily miss a few, and because their hard shells sometimes protect them from the lethal effects of the chemicals in the lice treatment, they could hatch and start the whole cycle over again. Check other family members, too, and if any live lice are found, go back to STEP #1.