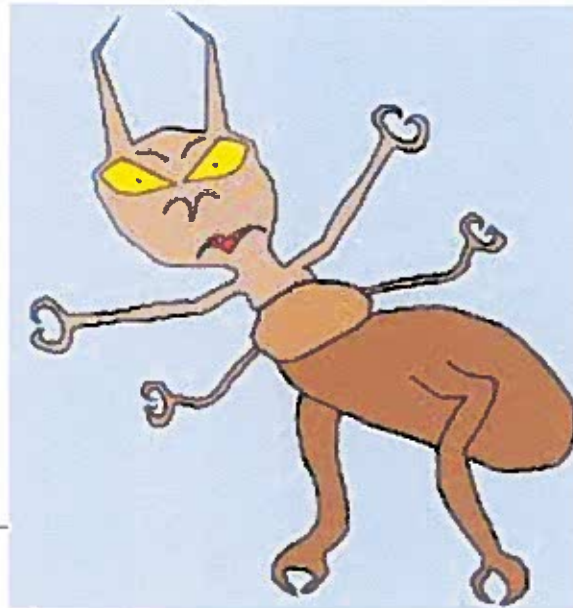


TRUMBULL SCHOOL NURSES

“THE LINK BETWEEN HEALTH AND LEARNING”

Head Lice- A Nuisance and an Annoyance



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Fast Facts about Head Lice

- ▶ 6-12 million infestations occur each year in U.S. children ages 3-11 (girls > boys)
- ▶ Head lice are a parasite and prefer a healthy, clean host
- ▶ They have no wings & no back legs; they cannot fly or jump- move by crawling only
- ▶ Most frequently spread by head to head contact
- ▶ Annoying yes, dangerous, no!

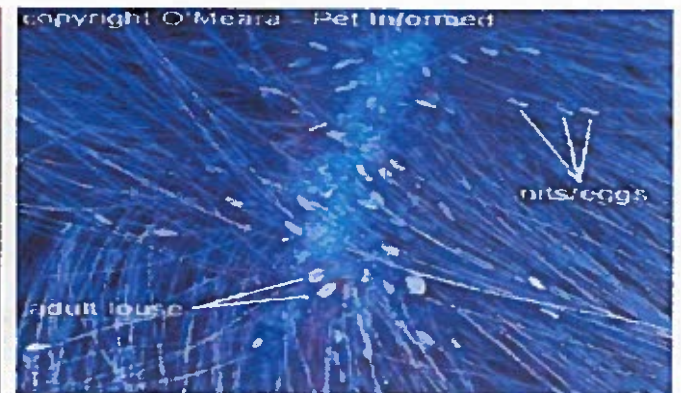
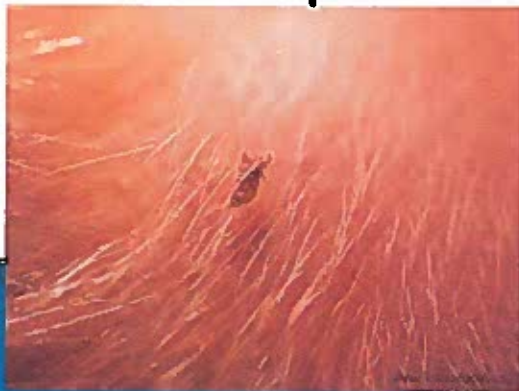


Life Cycle of a Louse

- ▶ Female adults live 3–4 weeks and lay up to 10 eggs in a single day
- ▶ Eggs attach themselves along hair shafts within 4 mm of the scalp with a glue like substance
- ▶ Eggs take between 8–12 days to hatch depending on the climate
- ▶ Nymph passes through 3 stages over the next 9–12 days to reach adulthood
- ▶ Female louse can lay eggs about 1.5 days into adulthood
- ▶ Empty egg casings (nits) are left behind as the nymphs hatch

Louse 101

- ▶ Has 6 claws designed to grasp hair
- ▶ Lice can be clear when they hatch, turn tan to grayish white & develop a reddish brown color after feeding
- ▶ Eggs attach to the hair shaft with glue
- ▶ They need human blood to feed on and warm scalp to hatch



Detecting Head Lice

▶ Routine Screening

- Weekly
- In good light; start at nape of neck and behind ears
- Nits generally size, shape and color of a sesame seed or poppy seed
- Will usually see nits rather than live louse
- May not be itchy at first exposure

▶ Head scratching

- Worse at night when feeding occurs
- Sores may be visible due to constant scratching



Send them Packing!

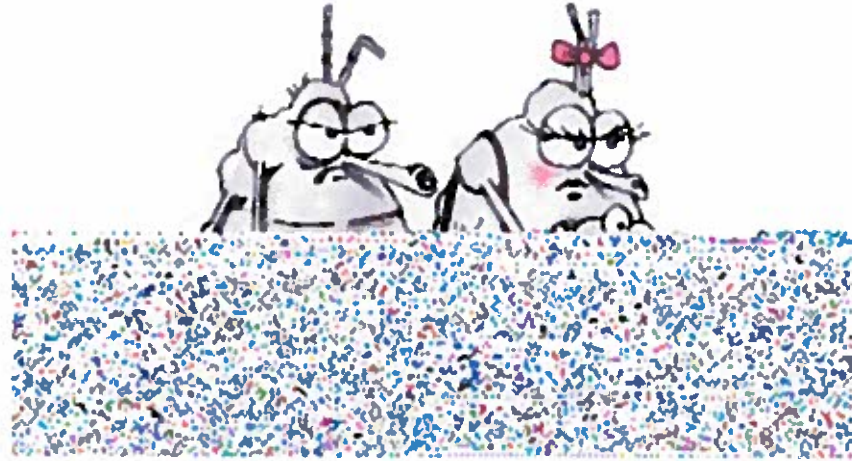


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Treatment Options

- ▶ Traditional OTC



- ▶ Nuvo Method (Cetaphil)

- ▶ Comb



- ▶ Prescription



Manual Removal

Always Comb! This is also a good way to detect

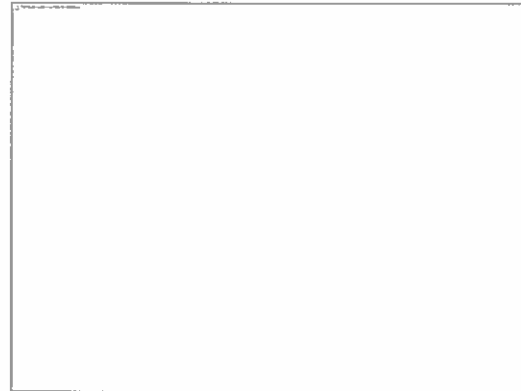
The NPA's Ten Tips for Head Lice & Nit Removal- see hand out & LiceMeister comb

www.headlice.org



Nuvo Method

- ▶ Designed and researched by Dr. Dale Pearlman– dermatologist
- ▶ <http://nuvoforheadlice.com/test/>
- ▶ Uses Cetaphil skin cleanser to “shrink wrap” and suffocate lice
- ▶ 96% effective

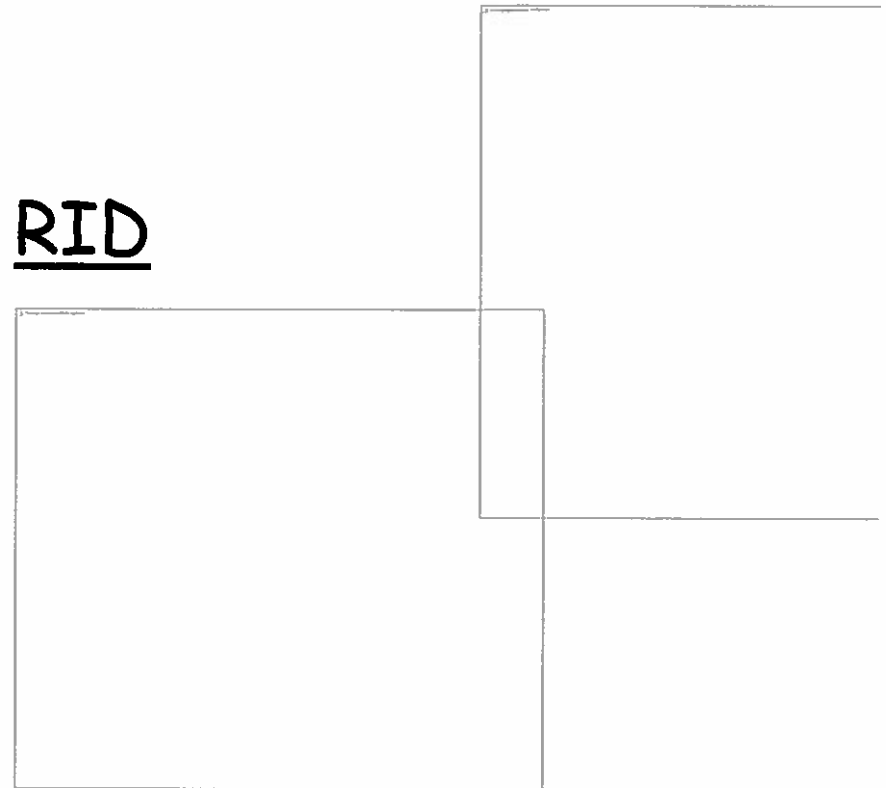


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Traditional OTC Treatments

- ▶ **Permethrin Lotion, 1%- Brand Name Nix**
- ▶
- ▶ **Pyrethrins - Brand Name RID**

Always follow instructions
exactly as directed!



Prescription Options

▶ Prescription Options

- Benzyl alcohol lotion, 5%-Ulesfia lotion
- Ivermeetin lotion, 0.5%- Sklice
- Malathion lotion, 0.5%- Ovide
- Spinosad 0.9% topical suspension-Natroba (only option that *MAY* kill nits)
- Oral options



Treatment Myths

- ▶ Vaseline



- ▶ Mayonnaise



- ▶ Kerosene

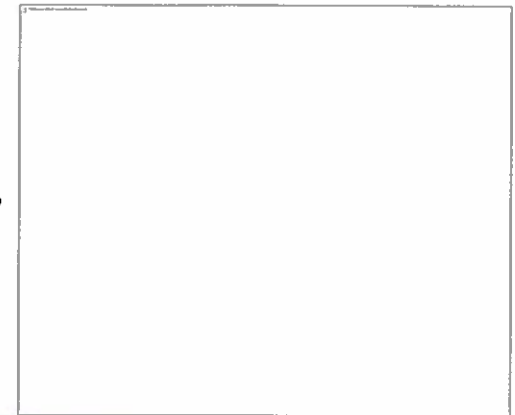


- ▶ Shaving the head/cutting the hair



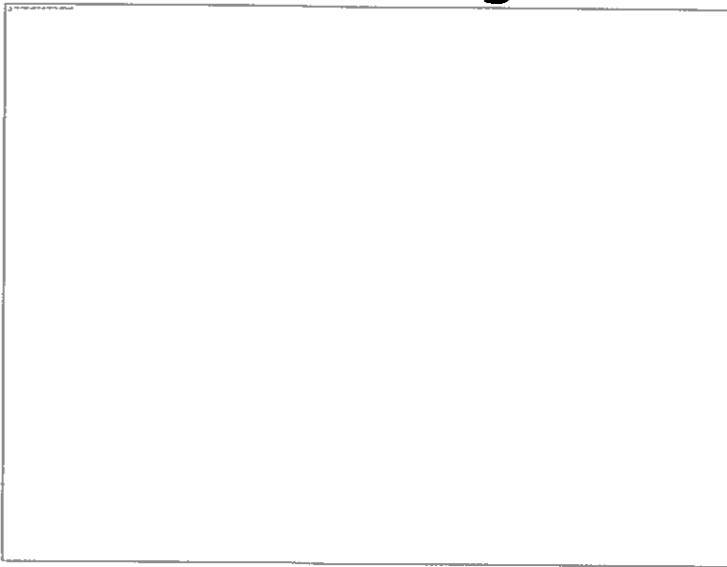
“People, Not Houses, get Louses”

- ▶ Conserve your physical and emotional energy for thorough lice and nit removal from **HEADS**-do this first, check all family members and close contacts
- ▶ Vacuum furniture and car seats
- ▶ Wash bedding in hot H₂O and dry
- ▶ Hot Dryer for 30 minutes
- ▶ Bag items for 2 weeks if drying is not possible



Awareness and Prevention

- ▶ Teach children to avoid head to head contact
- ▶ Routinely screen your own children every week
- ▶ Rosemary and Mint products *MAY* "trick" lice into thinking a head is "cooler"



My Goal

"A comb in every home"

How you can help:

- ▶ Consider a PTSA sponsored program to have the LiceMeister comb available in school for families at time of detection
- ▶ Ask local pharmacies to carry the LiceMeister comb

Questions & Resources

- ▶ www.headfirstlicelessons.com
- ▶ www.headlice.org
- ▶ ?

- ▶ Thank you for your time,
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