

TIPS FOR MANUAL NIT REMOVAL

1. Work under a good light. Use a magnifying glass if necessary.
2. Use a conditioner on the hair to help remove tangles
3. Divide & fasten the hair in sections working each section individually.
4. Using the Lice comb ,comb the hair from the scalp to the end of the hair. Using a paper towel, remove debris from the comb between combings.
5. Make sure all nits are removed from one section before moving on to the next.
6. After the combing has been completed, search the head for any live lice.
7. Repeat tip #4 every day until all lice & nits are removed.
8. If additional nits (3-5 per day) are discovered, this may mean live lice are still on the head. Repeat previous steps until NIT FREE

HEAD LICE



FACTS YOU SHOULD KNOW

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What Are Head Lice ?

A head louse is a reddish-brown insect that lives on the scalp and lays eggs in the hair. It is the size of a sesame seed. It has legs that make it very active and because it has claws it can hang on to a strand of hair. The nits (lice eggs) are oval shaped and are glued to the hair. These eggs will not brush off like dandruff. Nits are usually found close to the scalp, behind the ears and on the back of the neck. It is not unusual for a mated female louse to deposit 50-100 eggs during her life cycle. The entire life cycle requires about 21-27 days with the adult living up to 35-40



Nits on hair strands

days.

Anyone can get head lice, rich, poor, young, old, male or female. An outbreak of head lice does not mean you

are a bad housekeeper or are dirty. Lice are spread mainly by head to head contact or from using someone else's combs, brushes or sharing hats. Lice can not fly and do not jump from one person to another. They do not live on animals, only humans.

The most common symptom of head lice is itching.

What Do You Do Now?

Once head lice have been found in your home you should:

- Check all family members for lice and nits (lice eggs) at least once a week
- Treatment should begin immediately on **ONLY** those who have head lice. Treating someone who does not have head lice will not prevent you from getting head lice.
- Consult your doctor before beginning treatment with lice killing shampoos if you are pregnant, nursing, have allergies, epilepsy or any pre-existing conditions for which you are taking medication.
- All lice killing shampoos contain chemicals. Make sure you read the label very carefully. A chemical called **lindane** has been linked with certain blood disorders including leukemia. The NPA, a Boston-based health education agency, advises parents not to begin treatment with products containing **lindane**
- When using an acceptable lice shampoo, follow the package directions carefully. Use the product over a sink, not in the shower or tub. Have the person being treated close their eyes during shampooing.
- **MANUAL REMOVAL OF THE NITS WITH A SPECIAL NIT REMOVAL COMB IS THE BEST ALTERNATIVE TREATMENT.**
- Complete treatment includes the removal of **ALL** nits from the head along with an application of a lice shampoo and proper cleaning of

the household.

- Wash bedding and recently worn clothing in hot water and dry at least 20 minutes on the hot cycle in the dryer. Store nonwashable items in a sealed plastic bag for 2 wks. Soak combs & brushes in hot water (not boiling) for 10 minutes. Vacuum mattresses, furniture, carpets and then **DISPOSE** of the bag.
- Do not use lice sprays. Head lice rarely survive off the head for more than 36hrs. Fumigating of rooms is also unnecessary and not advisable.
- It is the parents responsibility to notify the school, daycare, camp, neighborhood parents & babysitters if your child has head lice.

**PREVENTION IS THE KEY
TO PROTECTING YOUR FAMILY
AGAINST HEAD LICE.**

**DO NOT SHARE COMBS, BRUSHES
OR HEAD GEARS AND CHECK FOR
LICE ON A REGULAR BASIS**

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