

How to Examine for Head Lice

Use bright light to look at:

- ① Crown of head
- ② Bangs
- ③ Behind both ears
- ④ Nape of neck

How to inspect

- ① Place gloves on your hands
- ② Use fingers to separate hair and create a part. The part should allow you to clearly see the person's scalp.
- ③ Look for lice crawling on the scalp where the hair is parted or on the hair shaft. The lice will be dark in color and the size of a poppyseed.
- ④ Look for nits near hair follicle about $\frac{1}{4}$ inch from scalp. Nits (eggs) will be white or yellowish-brown. Nits are often more easily seen than lice, especially when the person has dark hair.
- ⑤ Also look behind both ears and near the back of the neck. You may see lice or nits. You may also see bites.

The size of a nit (egg), nymph, and louse relative to a penny



CDC photos

A. Checking hair for lice



CDC photos

B. Nits (lice eggs) on hair



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Chung EK, Boom JA, Datto GA, Matz PS (Eds). *Visual Diagnosis in Pediatrics*. Philadelphia: Lippincott Williams & Wilkins, 2006. Courtesy of Hans B Kersten, MD. Copyright © 2006. In: UpToDate, Post, TW (Ed), UpToDate, Waltham, MA, 2014.

SCREENING TIP:

To distinguish between dandruff and nits, try to flick or pull off the white speck. Dandruff is easily pulled off, but nits are not.

Change gloves between each child's examination and wash your hands after all examinations are completed.



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Cómo revisar la cabeza para detectar **piojos**

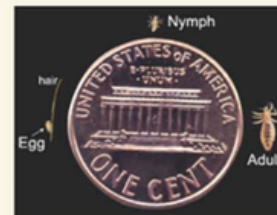
Use una luz brillante para mirar:

- 1 La corona de la cabeza
- 2 El flequillo
- 3 Detrás de las orejas
- 4 La nuca

Cómo revisar

- 1 Póngase guantes
- 2 Use los dedos para separar el cabello y hacer una raya o partidura. Esto debería permitirle ver mejor el cuero cabelludo.
- 3 Revise para ver si hay piojos caminando por el cuerpo cabelludo donde dividió el cabello o en la base del pelo. Los piojos son de color oscuro y del tamaño de una semilla de amapola.
- 4 Fíjese si hay liendres cerca del folículo del pelo, a $\frac{1}{4}$ de pulgada del cuero cabelludo. Las liendres (huevos) son blancas o de color marrón amarillento. Las liendres a menudo son más fáciles de ver que los piojos, especialmente cuando el cabello es oscuro.
- 5 Busque también detrás de ambas orejas y cerca de la parte de atrás del cuello. Puede que vea piojos o liendres. También es posible que vea picaduras.

El tamaño de una liendre (huevo), ninfa y piojo en relación con una moneda de un centavo (penny)



Fotos de los CDC

A. Revisando el cabello para ver si hay piojos



Fotos de los CDC

B. Liendres (huevos de piojos) en el cabello



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Chung EK, Boom JA, Datto GA, Matz PS (Eds). Visual Diagnosis in Pediatrics. Philadelphia: Lippincott Williams & Wilkins, 2006. Courtesy of Hans B Kersten, MD. Copyright © 2006. In: UpToDate, Post, TW (Ed), UpToDate, Waltham, MA, 2014.

CONSEJO AL
REVISAR:

Para distinguir entre la caspa y las liendres, trate de mover o quitar la partícula blanca. La caspa se quita fácilmente, pero las liendres no.

Cámbiese los guantes entre una revisión y otra, y lávese las manos después de haber terminado de revisar a todos los niños.



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WHAT ARE HEAD LICE?

Head lice are small wingless insects that live in hair and feed on blood from the scalp. Head lice is a common problem for kids. They are not dangerous and don't spread disease, but they are a nuisance and can be difficult to get rid of.

Head lice are not a sign of poor hygiene and can affect people of all backgrounds and hair types. Their bites can make a person's scalp itchy and irritated.

HOW DO PEOPLE GET HEAD LICE?

Head lice cannot jump, hop or fly - they can only crawl quickly. People can get head lice from close, prolonged head-to-head contact with an infested person. This can happen during playtime at school, at home, and many other places.

Although uncommon, people can get head lice by sharing clothing or belongings such as hats, towels, and stuffed animals, or by lying on a bed, pillow or carpet that has recently been in contact with an infested person.



BE SAFE

Never use dangerous products like gasoline or kerosene, or medicines for animals. Spraying pesticides in the home can expose your family to dangerous chemicals and are not necessary if the scalp is treated properly.

While home remedies like petroleum jelly, olive oil, mayonnaise or essential oils may suffocate head lice, no studies prove they work. If you want to try these methods, talk with your child's doctor first.

WHEN CAN MY CHILD RETURN TO SCHOOL IF THEY HAD LICE?

Pinellas County Schools has a no-nit policy. This means if your child has head lice, they cannot return to school until all live lice and nits are removed.

ADDITIONAL RESOURCES

[cdc.gov](https://www.cdc.gov) (CDC website)
[kidshealth.org](https://www.kidshealth.org) (Nemours)
[healthychildren.org](https://www.healthychildren.org) (American Academy of Pediatrics)

A FAMILY'S GUIDE TO HEAD LICE



SCHOOL HEALTH SERVICES
727-588-6320

HOW DO I KNOW MY CHILD HAS LICE?

If your child has lice, they may say they feel something tickling or moving in their hair. You may also see them itching their head or see sores from scratching. Some kids have a hard time sleeping because head lice are active in the dark.

When you check your child's head, you may see tiny yellow, tan, or brown dots on the hair shaft, close to the scalp. These are nits. Nits are the eggs of the lice and will hatch 1-2 weeks after they are laid. Nits may look like dandruff, but they don't come off if you brush or shake them.

After hatching, it takes about 2 weeks for a louse to become an adult. Adult lice are no bigger than a sesame seed and can be grey, white or tan. The life cycle of head lice repeats itself about every 3 weeks.



HOW CAN I CHECK FOR HEAD LICE?

Regular checks for head lice are the best ways to spot lice before they have time to multiply.

- Check in a brightly lit room or in the sun
- Wet your child's hair and use conditioner to help get through any tangles
- Part the hair
- Look for crawling lice and nits on the scalp one section at a time
- Live lice move quickly! They can be hard to find
- Use a fine-tooth comb (such as a nit comb) to help you search section by section
- Comb from the root to the tip, and wipe the comb after each pass

Check all family members regularly since lice can pass easily from person to person in the same house.

I FOUND LICE - NOW WHAT?

You may want to check with your child's doctor before starting any head lice treatment. The two main ways to treat lice are with medicine and removing by hand.

Medicines: Medicated shampoos are available that kill live lice. These may be over-the-counter or need a prescription. If you are using medicine, always follow the directions closely. Use too little won't work, and using too much can be harmful for your child. Medicines will not remove nits - they will need to be removed by hand.

Removing by hand: If you don't want to use medicine, you will need to remove some lice and nits by hand. Use a fine-tooth comb on wet, conditioned hair every 3-4 days for 3 weeks after the last live louse was seen. Use your fingers to pull all nits off the hair shaft.

Treat your environment, too!

- Wash all bed linens, stuffed animals, and clothing used during the 2 days before treatment in very hot water and dry on the hot cycle. If you can't wash items, put them in airtight bags for 2 weeks.
- Vacuum carpets and upholstery in your home and car.
- Soak combs, brushes, hair ties, and other hair items in hot water.



PESTS COME TO SCHOOL, TOO! TIPS FOR PARENTS ON A COMMON HOUSEHOLD NUISANCE

SCHOOL NEWSLETTER/FOCUS MESSENGER

As we return from an extended break from school, a reminder to all families that head lice are a common household pest that lives year-round in Florida! Please see below for some tips for parents.

Head lice aren't dangerous, and they don't spread disease, but they are contagious and downright annoying! Lice cannot jump, hop, or fly, but they can run very quickly. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice. A child cannot "catch nits" – nits (lice eggs) can only be laid by live lice. Here are ways you can help prevent your kids from getting lice:

- The best prevention is continuous surveillance! Inspect your children's heads regularly for signs of head lice and treat anyone who is found to have lice or nits close to the scalp.
- Tell kids to try to avoid head-to-head contact with other children while playing or at school.
- Tell kids not to share combs, brushes, hats, scarves, bandanas, ribbons, barrettes, hair ties, towels, helmets, or other personal care items with anyone else.
- Whenever possible, use hot water (at least 130° F) to wash clothing, bedding, and stuffed animals, and dry on high heat.
- Check your student(s) for head lice regularly, especially at the top of the head, near the back of the neck, and around the ears.

If you find nits or live lice during your surveillance, it is important to ensure that all lice and nits are removed before your student returns to school. Have questions? Call the school and ask to speak to the school nurse.