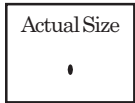


Alameda County Head Lice Treatment



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A NEW APPROACH

This pamphlet will tell you almost everything you need to know about head lice. In our community, head lice infestations are a continuing problem and are highly communicable. Head lice infestation can be a frustrating problem, but this information will help you identify head lice and treat your child safely.

HOW DO YOU GET LICE?

Head lice have been a parasite of humans since recorded time. Many people associate lice with unclean people or homes; this is not true. Frequent bathing or shampooing will not prevent lice nor eliminate them once they are established. Lice cannot jump or fly, and are usually transmitted by contact with infested persons, their clothing, or their comb or brush. Warn children against sharing hats, clothing, or grooming aides with others. Household pets do not transmit lice.

WHAT TO LOOK FOR

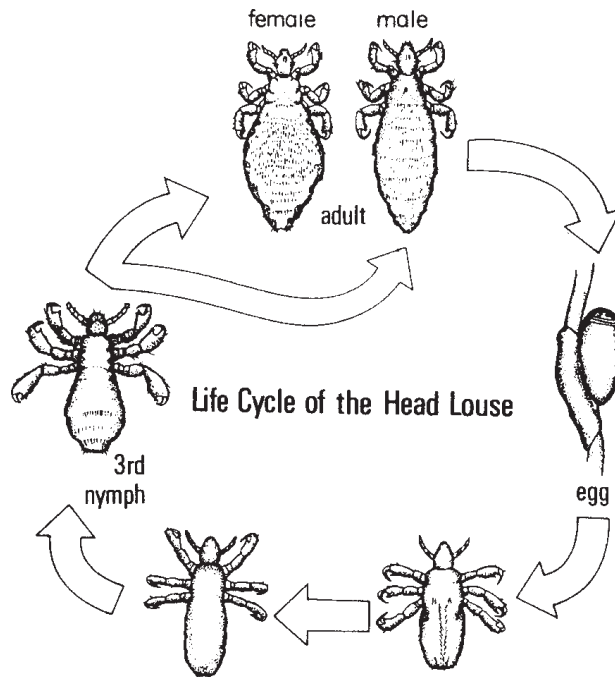
Lice are small insects about the size of a sesame seed. They are usually light brown but can vary in color. They move quickly and shy away from the light, making them difficult to see. A more obvious sign of infestation is nits (eggs). Nits are tiny, yellowish-white oval eggs attached to the hair shafts. As she deposits her eggs, the female louse cements them to the hairs. Unlike lint or dandruff, they will not wash off or blow away. Nits may be deposited throughout the hair, but are more commonly found at the nape of the neck and behind the ears. Use bright, natural lighting or a lamp without a shade when looking for them.

SYMPTOMS OF INFESTATION

The itching that occurs when the lice bite and suck blood from the scalp is a primary symptom of infestation, although not everyone will experience itching. Children seen scratching their heads should be examined.

TREATMENT OF THE INDIVIDUAL

No treatment is 100% guaranteed effective. A variety of strategies may be necessary to eliminate lice. You may choose to use a chemical pesticide. Please note that pesticides are not 100% effective or 100% safe. Safety must come first when using pesticides. Before treating one family member, all should be examined. Only those showing evidence of infestation should be treated. Treat them at the same time to prevent re-infestation from one family member to another.



Life Cycle of the Head Louse

A. WHAT YOU NEED TO GET STARTED:

1. **INNOMED Nit Comb.** Do not use the nit combs that come with the Nix treatment kits. You need a hard metal comb with very fine teeth to remove the nits from the hair shaft. All the nits must be removed! Manual removal is the most critical strategy in eliminating lice.

2. **PRELL SHAMPOO** (Original Formula *or* Normal to Oily Formula).

Do not use Prell shampoo that has conditioner added to it!!

3. If you choose to use a pesticide, you should use NIX, a cream rinse available in most pharmacies. You do not need a prescription. It is currently the best product on the market because it contains

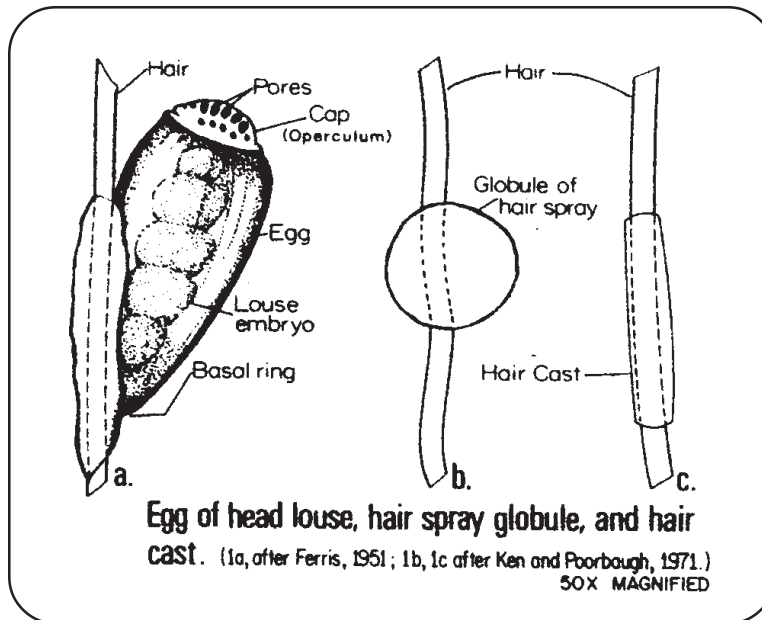
Permethrin. Consult your physician if you are pregnant or nursing, have an infant, have allergies, asthma or other medical conditions, or if you see lice/nits in the eyebrows or eyelashes.

B. PROCEDURE:

1. **Shampoo the hair first.** Use a stripping type of shampoo like Prell. A shampoo with conditioner will actually coat the louse and nit, and protect them from the Nix treatment.

After shampooing, towel dry the hair so that it is damp, but not wet. If the hair is dripping wet, you will dilute the Nix — thus making it less effective.

2 **Use the Nix cream rinse.** Skip this step if you chose not to use a pesticide and go to step 4. [Avoid applying pesticides when there are open wounds on the scalp of the person



being treated or on the hands of the person who will apply the product.] Have the child lean over the sink, working it in thoroughly with the head held forward and a towel to protect the eyes. Do not treat in the bathtub or shower (in order to confine the lice product to the scalp/neck). Leave it on only for the prescribed 10 minutes. Then rinse the hair well with water. Do not use vinegar or any nit loosening product.

3. Towel dry the hair, but do not use a hair dryer. The heat from a hair dryer may affect the residual properties of Nix.
4. Comb out nits with the Innomed comb. Combing out nits works best when the hair is damp. Nit picking can be done with the fingernails or they can be cut out with small safety scissors. Methodically go through every section of the hair, and rinse the Innomed comb periodically with soapy water. After combing, let the hair air dry. Do not blow dry the hair for the next 7 - 10 days! During this time period, do not use conditioners or conditioning shampoo, mousse or hair sprays. Following nit removal, have child/adult put on clean clothing.

After treatment and nit removal, children can safely return to school. School districts have adopted a "no nit" policy.

5. A daily nit check is advisable for at least 10 days following treatment and then checking should become part of routine

hygiene. You may have to retreat in 7-10 days if there is evidence of new nits or newly hatched lice. Treatment itself can cause itching; do not retreat on the basis of itchiness alone. If you continually see live lice after pesticide treatment do not continue to treat. The lice may be resistant.

C. ENVIRONMENT:

1. Remove any bedding, infested clothing, and laundry on hot cycle and hot dry cycle. This kills lice and nits. Vacuum daily all possibly infested areas, cars and car seats, bed areas, sofas, chairs, any stuffed animals or toys, or any other item to which hair or lice may cling.
2. One of the old environmental solutions was to bag (plastic) toys or other possibly infested items for a few weeks. This works, but may pose a safety risk of suffocation to young children who want their Teddy Bear back.
3. Do not use surface sprays (insecticides sold to spray on furniture and rugs). They pose a risk of their own. You do not need them if you vacuum carefully.

D. REPORTING CASES

Notify your child's school, camp or child care provider, as soon as possible, so they can alert other parents. Also notify your child's playmate's parents.