

Fast Facts

Lice

- Tiny, wingless insects that feed on your blood
- Adults are about the size of a sesame seed and eggs (nits) look like tiny pussy willow buds
 - Nits usually hatch one week after they are laid
- Easily spread through close personal contact or by sharing belongings
 - Three types: head, body or pubic
 - Head lice live on your scalp
- Body lice live in clothing or bedding and move onto your skin to feed
- Pubic lice (aka crabs) live on the skin and hair of your pubic area or areas with coarse body hair, such as chest hair, eyebrows or eyelashes

Symptoms	Treatment	Prevention
<p>-Intense itching in the affected area</p> <p>-Tickling feeling from movement of hair</p> <p>-Presence of lice or nits</p> <p>-Small red bumps on skin of affected area</p>	<p><i>Head lice</i></p> <ul style="list-style-type: none"> -Over-the-counter (OTC) products, like shampoo or lotion, that contain pyrethrin or permethrin <p><i>If OTC products don't work:</i></p> <ul style="list-style-type: none"> -Oral medication (children must be over 33 pounds in order to take these medication) -Medicated lotion, malathion, that you can rub into hair and scalp (medication is flammable, so do not use hair dryers or curling/flat irons while the product is in your hair). -Other medicated lotions, such as benzyl alcohol lotion, ivermectin lotion and spinosad topical suspension <p><i>Body lice</i></p> <ul style="list-style-type: none"> -Don't require direct treatment but they must be removed from the surrounding environment <p><i>Pubic lice</i></p> <ul style="list-style-type: none"> -Treated with many of the same treatments used for head lice <p><i>Note:</i> Some of the medications are not safe for pregnant women or children under certain ages.</p> <p><i>Removal of lice/nits from environment:</i></p> <ul style="list-style-type: none"> -Check all household members for signs of an infestation by combing wet hair with a fine-toothed or nit comb (repeat this process every few days for at least two weeks) -Wash any items, such as bedding, clothing, stuffed animals and hats, that are able to be washed in water 	<ul style="list-style-type: none"> -Extremely difficult to prevent (especially for children who are in day care or school because of the close contact with other children) -Teach children to limit the amount of head-to-head contact with classmates as much as possible -Do not share personal belongings, like hats, scarves, coats, combs/brushes, hair accessories or headphones -Remember, a lice infestation isn't a reflection on hygiene habits

	<p>that is at least 130°F and dry them on high heat for at least 20 minutes</p> <ul style="list-style-type: none">-If items are unable to be washed, then put them in an airtight bag for at least two weeks-Vacuum the floor and furniture thoroughly-Wash any combs or brushes in hot water or let them soak in rubbing alcohol for at least an hour-Lice prefer people, so you don't have to worry about checking or treating your pets	
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