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## HEAD LICE INFORMATION

Spring is here! As we are out enjoying the wonderful weather, please remember that head lice are around. They can be shared among our children as they share secrets, pillows and sports equipment-especially caps and helmets! Inspecting your child regularly will help to keep the problem of lice under control.

As you inspect your child, look carefully around the nap of the neck and behind the ears for a small grayish-tan, wingless insect. Head lice lay eggs (nits) very close to the scalp. Nits are much easier to see and detect than lice. They are small whitish specks which cannot be easily brushed or shaken off the hair shaft. If head lice and/or nits are found please contact the Post Health Clinic for a medicated shampoo. Follow the Doctor's instructions for the use of the medicated shampoo.

The information below may help in the treatment and eradication of head lice from your family and home.

- 1.If one child in your family has evidence of head lice and/or nits, inspect all family members daily for at least four weeks and treat according to shampoo instructions.
- 2.Wash in very hot water all clothing, towels and bed linens. Dry clean items that cannot be washed. Stuffed toys, etc may be placed in a sealed plastic bag for two weeks. Vacuum all carpets, upholstery and mattresses, or set these items outside for at least 72 hours.
- 3.Clean combs and brushes of the entire family either by soaking in the medicated shampoo (or by boiling in water) for at least 10 minutes.
- 4.Since some eggs may not be killed with the first shampoo treatment, **DO NOT** miss the second shampooing in 8 to 10 days. This shampooing is to kill newly hatched nymphs (immature lice).

Head lice infest millions of school-aged children every year. However, the condition is not something to be ashamed of because it has nothing to do with cleanliness, who you are, or where you live. And it's really nothing to be alarmed about either, because head lice are not dangerous, just annoying. Head lice are easier to control than dandruff. You will find the above information and instructions most effective in the elimination of head lice once they appear in your family.