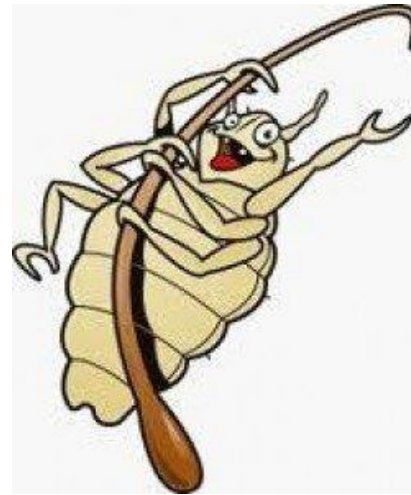


## What to do if you think you or your child has head lice

- Use an over the counter or prescription medication to kill the lice. Always follow the instructions on the product carefully, to limit any possible negative effects
- If lice do not seem to be dying or seem as active as before the treatment is applied, do not retreat until speaking with a healthcare provider.
- Use a nit comb to remove nits and lice from the hair
- Continue to check the hair and comb hair with a nit comb for 2-3 weeks after treatment to ensure all lice and nits are gone



### Things to remember

- Anyone can get head lice
- Head lice are not related to personal cleanliness or hygiene
- Head lice can occur in anyone, regardless of socio-economic status

#### For more information:

**Darke County General Health  
District**

**300 Garst Avenue Greenville, OH 45331**

**Phone: 937-548-4196**

**Fax: 937-548-9654**

**[www.darkecountyhealth.org](http://www.darkecountyhealth.org)**

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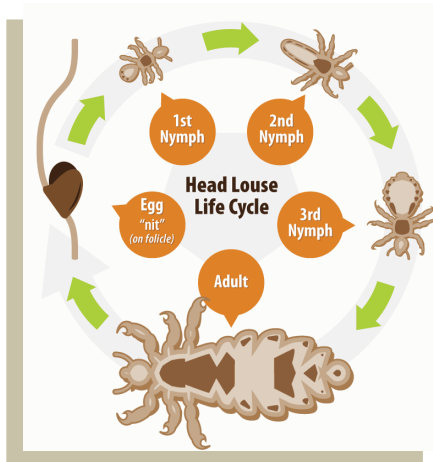


### Head Lice



## What are Head Lice?

- Insects, related to chicken lice, bird lice and body lice
- Survive by feeding on blood
- Are usually found in hair and along the scalp
- Adult lice can live ~ 30 days
- Females can lay up to 10 eggs a day, which she glues to the hair
- Eggs are small, and are called nits
- 3 life stages – egg, nymph, and adult
- Head lice are not known to transmit disease



## Where do Head Lice Come From?

- Humans are the only source of head lice.
- You cannot get head lice from dogs, cats, chickens or other animals

## How do you get Head Lice?

Head lice are extremely temperature dependent, and cannot live very long away from their host.

These are some ways you can get lice:

- Close direct scalp to scalp contact with someone who has lice, such as sleepovers, camp, playgrounds, and sports activities
- Sharing hats, hair ribbons, and brushes
- Getting lice is not related to hygiene or personal cleanliness
- Hair length and shampoo frequency does not influence the risk of getting head lice
- There are 6 – 12 million cases of lice each year in the United States

## Symptoms of Head Lice

- Tickling feeling in the hair, or the feeling something is moving in the hair
- Sleeplessness
- Itchiness of the scalp and hair
- Sores on the head caused by scratching
- Small white or pale yellow nits (lice eggs) attached to hair shafts close to the scalp
- Adult lice around scalp – especially the back of the head or behind the ears.
- Occasionally head lice can be found on the eyebrows or eyelashes



Head lice with a penny for reference