

How to Control Head Lice



A tutorial for school officials and concerned parents

Description of Adult Lice



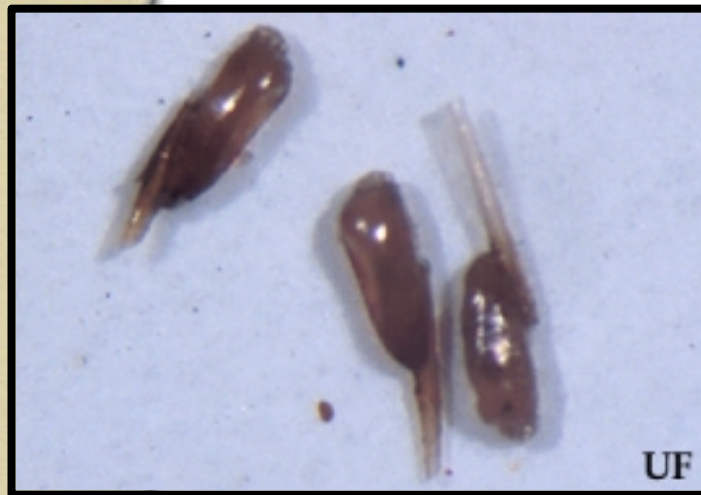
Beginning to feed



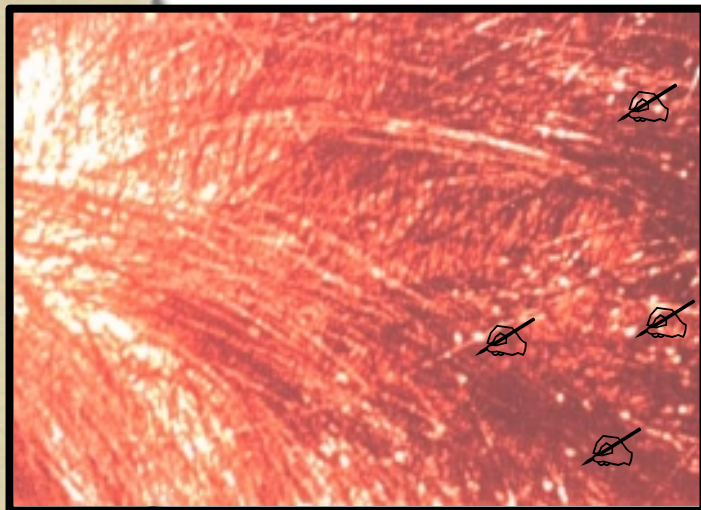
Full of blood

- ✍ Adult lice are about 1/8 inch long.
- ✍ Lice are wingless, bloodsucking insects.
- ✍ Lice have claws and move by crawling. Lice cannot jump.

Description of Lice Eggs



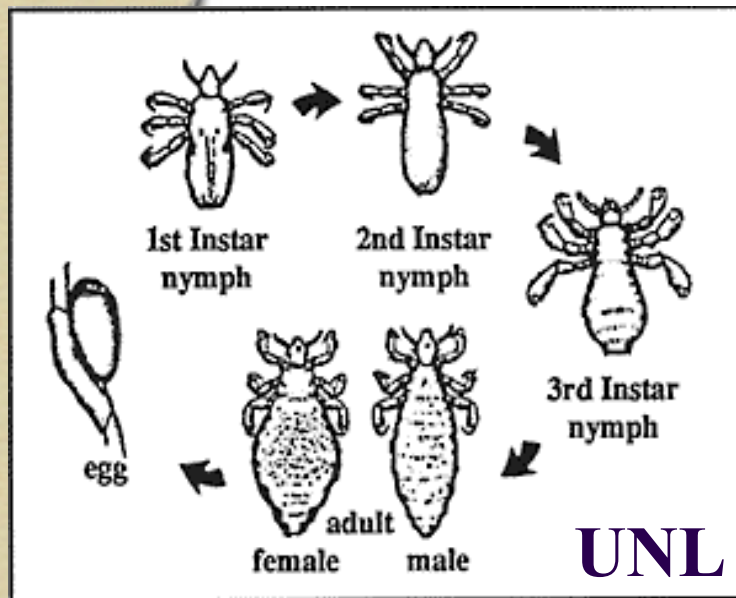
Nits glued to hair shaft



White eggs glued to hair

- ✍ Lice eggs are called nits.
- ✍ Nits are oval, white-gray-tan-dark brown cylinders about 1/16 inch long.
- ✍ Nits are glued to hairs very near the scalp.
- ✍ Older nits are found far from the scalp due to hair growth.

Lice Biology



- ✍ Lice eggs hatch within seven to 10 days.
- ✍ Baby lice, also called nymphs, become adults in two weeks.
- ✍ Only adults can lay eggs.



Baby lice (nymph)

4 Steps to Lice Eradication



- ✍ Prevention: Inspect frequently.
- ✍ Treatment: May include use of lice shampoo.
- ✍ Treatment of Belongings: Wash bedding and clothing in hot soapy water. Dry using “high heat” cycle. Bag other items.
- ✍ Post-treatment Inspection: Inspect individuals up to 10 days following treatment.

Prevention of Head Lice



- ✍ Head lice are spread by infested people.
 - ✍ Pets cannot get or spread head lice.
 - ✍ Only people get head lice.
- ✍ Children should not share combs, hats and personal belongings.
- ✍ Frequent inspections are a must.
 - ✍ Search entire head, especially back of head and neck.
 - ✍ Part hair section by section.
 - ✍ Remove lice with tweezers or lice comb.
 - ✍ Be careful not to spread lice to others while inspecting.

Option #1

Non-chemical Control



- 1 Remove lice and nits using lice comb.
- 2 Place lice and nits in soapy water or freeze.
- 3 Wash all bedding and personal belongings in hot soapy water. Dry on “high heat” cycle.

As a Last Resort

- ✍ Shave child’s head.
- ✍ Even a very short haircut can aid in detection and removal of lice.

Option #2

Treatment with Lice Shampoo



- 1 Wash hair with household shampoo.
- 2 Completely wet hair with lice shampoo.
- 3 Add warm water, leave product on head for recommended time - usually 10 minutes.
- 4 Rinse thoroughly with warm water while removing any dead lice and nits.
- 5 Retreatment may be necessary in seven to 10 days as this kills hatching eggs.

Do Not Treat Classrooms



- ✍ Lice live their entire life cycle on the human body.
- ✍ Lice die within 24 hours after falling off the host.
- ✍ Treatment of classrooms with insecticidal sprays is unnecessary and may be hazardous.

Acknowledgements



Author:

Clay W. Scherer, University of Florida

Photos:

Paul M. Choate, University of Florida

Clay W. Scherer, University of Florida

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Design:

Matthew B. Downey, University of Florida

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Entomology and Nematology Department

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