

## Treatment Options

(Kills lice and some nits)

With all products: Follow label directions carefully to ensure effectiveness and to prevent adverse reactions from misuse or overuse.

### ● OVER THE COUNTER METHODS

Permethrin 1% - (NIX cream rinse). Synthetic pyrethroid. Available over-the-counter without a prescription. Currently is the recommended treatment of choice by the American Academy of Pediatrics in newly diagnosed cases of head lice. Pyrethrins plus piperonyl butoxide-(RID, A-200, R&C, Pronto, Clear Lice System). Manufactured from natural extracts from chrysanthemums. Available over-the-counter.

### ● PRESCRIPTION METHODS

There are products available by prescription only through your physician.

### ● MECHANICAL REMOVAL

Combing: Over-the-counter or prescription treatments kill adult and nymphal lice, but rarely all the eggs (nits). Combing the hair to remove all nits is recommended to get rid of the infestation completely. Combing should be done daily until no lice or nits are seen and then continued for three weeks.

### ● USEFUL TOOLS

LICEMEISTER COMB: A sturdy, steel comb with long, metal teeth. Most recommended comb for nit removal.

### ● ALTERNATIVE TREATMENTS

Shampoos with herbs, oils, or enzymes (e.g. Hair Clean 1-2-3). Substances such as mayonnaise or olive oil are often applied to the head for 8 hours covered with a shower cap. These treatments work by suffocating the louse and newly hatched nymphs. These methods can be used frequently (every 3-4 days) along with combing. Recommended to those who are pregnant or for children less than 2 years old.



SAGINAW COUNTY  
DEPARTMENT OF PUBLIC HEALTH

*protecting and promoting the public's health since 1928*

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# Let's Get Nit Picky!



# HEAD LICE

## Information Brochure

## Did you know...

Lice cannot jump or fly?



Lice can only crawl...

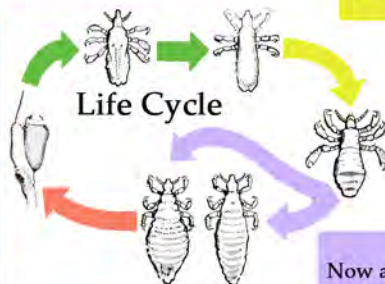


## What you should know about Lice...

**2**  
A nymph is an immature louse. It is transparent except for claws and eyes. They are no bigger than a period at the end of a sentence. Nymphs cannot reproduce.

**3**  
A nymph is nearing maturity. From the time it hatched, it will take 9 - 12 days before it reaches adult state and is able to reproduce.

**1**  
Eggs (nits) are laid by female louse 24 hours after mating and attached to the hair with a very quick setting cement. Ninety percent of eggs will hatch successfully. The eggs are incubated by body heat. Live eggs are most likely to be found on the hair shaft 1/4" from the scalp or closer. Eggs are 0.8mm long, creamy yellow to tan or coffee color and hatch in 7 to 10 days.



**4**  
Now an adult louse, it has reached sexual maturity and is capable of reproducing. It has a life span up to 30 days and lays 3 - 5 eggs a day (90 -150 eggs in its lifetime).

### Help Control Lice Infestation:

- Inspect Child's Head Weekly
- Watch for Excessive Head Scratching
- NEVER Share The Following:

HATS



COMBS



HEADSETS



#### TIPS FOR SUCCESSFUL TREATMENT:

Treat all family members who are infested or suspected of being infested. They should be treated at the same time so they will not re-infest each other.

Nits should be removed. Use nit comb, manicure scissors or your fingernails.

Wash bedding, clothing, coats, and hats worn within 3 days using hot water and dry in hot dryer.

Vacuum to remove lice or stray hair with nits from mattresses, upholstered furniture, carpets, and car seats.

Seal stuffed animals and fabric toys in plastic bag for 14 days at room temperature, or 24 hours in below freezing.

Soak combs, brushes and hair clips in hot water for 10 minutes.

Notify school, day care, and neighborhood parents. Support and assist one another as needed.

Follow product directions carefully. Apply product over sink. Do not apply in shower or bathtub to avoid unnecessary exposure. Keep eyes covered.

Consult your doctor or the Saginaw County Department of Public Health for treatment options.