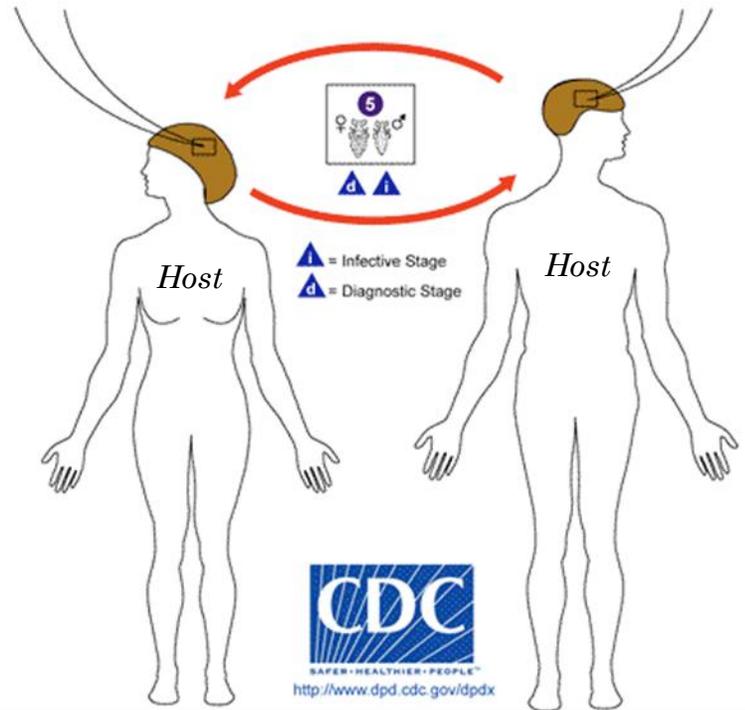
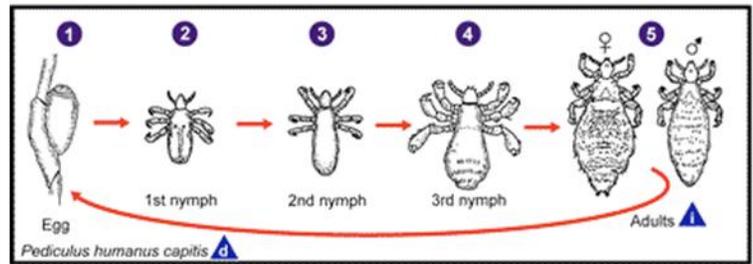


# Head Lice Identification and Life Cycle<sup>i</sup>

- Once on a host, lice will begin laying eggs immediately on the hair follicles near the scalp.
- Females lay 3-9 eggs (nits) daily. Nits appear tan-brown in color.
- Hatching will occur in 6-9 days. A light casing may be seen on hair once nymph has emerged. Nymphs appear as specks of dirt on scalp. They will molt three times before becoming an adult. You may see light casings on the scalp from the molting process.
- Adults can live up to 30 days on a host. A louse **cannot** survive without a host. It will die in 1-2 days. Adult lice are spread directly from one host to another. Lice **do not** fly o jump.



Actual size

## Additional Information and Suggestions for Treatment

Nits (eggs) are stuck to hair follicles with an extremely sticky substance that does not come off with lice shampoo treatment alone. Nits must be removed with lice comb (tweezers work too). Doing a white vinegar rinse on the hair also helps release the nits by breaking down the sticky substance that attaches the nit to the follicle. The lice treatments kill adults and nymphs only, not the eggs, so **daily checks** after 1 treatment must be done to insure additional eggs and nymphs are removed. A **second shampoo treatment** 6-9 days after first treatment is **essential** to removing all additional nymphs that may have hatched.

Bedding and towels should be washed daily in hot water and run through a hot dryer cycle to insure elimination of lice. Any clothing, hats, coats, etc. worn within 2 days of infestation must be washed and dried as well. Items that can not be washed should be vacuumed or stored in air tight bags for 2-4 weeks. Car seats should be vacuumed thoroughly. In addition, lice do not live on animals and they **do not** spread diseases.

If you have any questions please contact Wendy Zimmerman, School District Nurse, at 723-3160 ext. 1610 or by email [ZIMMWE@elkhorn.k12.wi.us](mailto:ZIMMWE@elkhorn.k12.wi.us). If you are uncertain about something you may have found on you or your child, please collect a sample and bring it in to the nurses office for identification. The best way to collect a sample is by using tweezers. Place sample directly on an alcohol wipe or cotton pad soaked in rubbing alcohol (to kill sample) and seal it in an air tight container or zip lock bag with wipe.