



Head Lice: General Information

There has been an increased incidence of lice infestation in our schools and community. It is important to check your child's hair for head lice routinely.

Inspecting for lice

- **If your child has an intense itching** on the scalp and body.
- **A tickling feeling** from the movement of hair.
- **The presence of lice on the scalp, body, clothing, or other body hair.** Adult lice may be about the size of a sesame seed or slightly larger.
- **Lice eggs (nits) on hair shafts.** Nits may be difficult to see because they're very tiny. Look around the ears and the nape of the neck.
- **Sores on the scalp, neck and shoulders.** Scratching can lead to small red bumps that can sometimes get infected with bacteria.

Prevent the Spread

- **Avoid head-to-head or body-to-body contact.**
- **Keep belongings separated** including clothes, blankets, pillows, and toys
- **Do not share items** such as hats, clothing, headphones, brushes, combs, hair accessories, towels, blankets, pillows and stuffed toys.
- **Avoid contact with furniture that has lice on it.** Lice can live for 1 to 2 days off of the body.

Treatment

- Use over the counter lice shampoo as directed on the package
- Machine-wash and dry clothing, bed linens, and other items that the infested person wore or used during the 2 days in hot water and dry on high heat. Clothing and items that are not washable can be dry cleaned, OR **sealed in a plastic bag and stored for 2 weeks.**
- Soak combs and brushes in hot water (at least 130°F) for 5–10 minutes.
- Vacuum the floor and furniture
- Do not use fumigant sprays; they can be toxic if inhaled or absorbed through the skin.
- Contact your provider if the lice keeps coming back after treatment

Resources

[How to Exam for Head Lice](#)

[How to inspect for head lice](#)

Questions?

Contact your school nurse with any questions

Nursing and Student Health Services

(720) 423-1416

Colorado Department of Public Health and Environment

[Infectious Disease Guidelines](#)

References: [Mayo Clinic](#), [CDC Lice](#)