NEW

E(3) 5141.33 (a)

If you have questions, contact your local health department or clinic



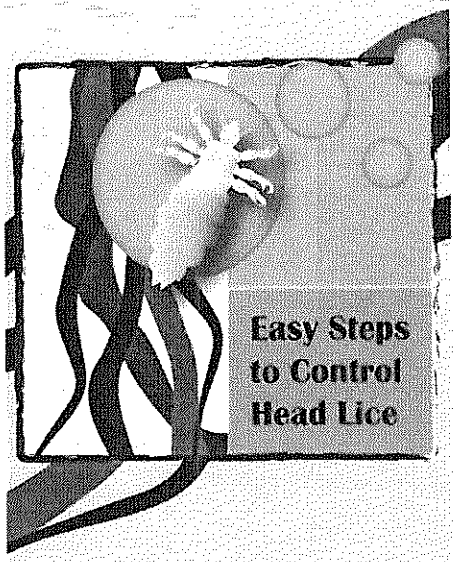
Arnold Schwarzenegger, Governor
State of California

Kimberly Belshé, Secretary
Health and Human Services Agency

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California Department of Public Health

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Vector-Borne Disease Section
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A PARENT'S GUIDE TO HEAD LICE



Easy Steps to Control Head Lice

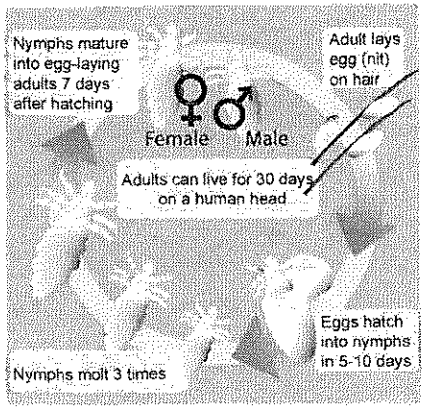
What are head lice?

Head lice are small insects that live in people's hair and feed on their blood. Lice glue their eggs, or "nits," to hair so that the nits do not get brushed off.

Head lice die quickly (within two days) without feeding so they cannot live very long away from your child's head.

Nits take six to nine days to hatch, and seven or more days for the lice to become egg-laying adults.

Development of Head Lice



How do people get head lice?

Children can give head lice to other children when they share combs, hats, clothing, barrettes, helmets, scarves, headphones, or other personal items. Head lice are a problem in homes, day care centers, elementary, and preschools. Children are much more likely to get lice from family members and playmates than from classmates at school.

How do I know if my child has lice?

If someone has head lice, their scalp will be very itchy. The only way to know if your child has lice is to look through their hair.

Don't confuse dirt or dandruff with nits. Nits stick on the hair.

How can I get rid of my child's lice?

Nit combing and removal

If your child has head lice, the best way to get rid of the lice is to comb their hair every day with a nit comb for two weeks.

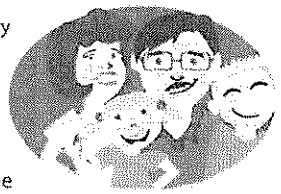
Nit combs should be metal (not plastic) and have long teeth. Several brands of nit combs are available at your local pharmacy.

A good example is the LiceMeister®* metal comb that costs about $10. Metal flea combs found at pet stores may be used as well.

The best way to remove nits is to part the hair into small sections. As each section is combed, fasten the hair to the scalp to keep track of what has been combed. It is easier to comb wet hair.



Any nits that cannot be combed out must be removed. You can do this by picking them out with fingernails or by cutting a single hair between the scalp and where nits are attached.



Check all family members' hair completely. Common places to find lice are close to the scalp, the neckline, and behind the ears.

Treatments



Permethrin or pyrethrin products are the active ingredients in most over-the-counter head lice treatments. The best active ingredient is permethrin. Nix®* cream rinse is an over-the-counter treatment that uses permethrin.

[illegible]

- **Follow the label directions carefully.**
- **Do not leave the product on for a longer time than recommended; it will not kill the lice faster.**



- **Treat only people who have head lice.**
- **Each person with head lice needs a complete treatment. Do not split a single box of shampoo or rinse between people.**
- **Even after treatment, you should remove nits daily with a metal nit or flea comb until all nits are completely removed.**
- **Wait at least seven to ten days before treating someone for a second time if they still have lice.**

What if the treatment did not work?

Here are a few reasons the treatment might not have worked:

- The directions on the treatment product were not followed closely enough.
- The nits were not completely removed.
- The child got head lice again from a brother, sister, or playmate.
- Lice may not die right away.
- The problem was not lice.
- If permethrin or pyrethrin products do not work when used properly, you should talk to your doctor about the prescription for Ovide®*.

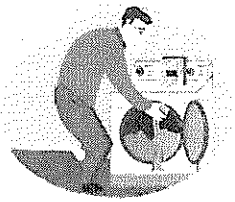
There is NO proof that the following products work:

- Vinegar
- Compounds that say they dissolve the glue on the nits "to ease their removal."
- Mayonnaise
- Olive oil
- Tea tree oil
- Lotions that "suffocate" lice

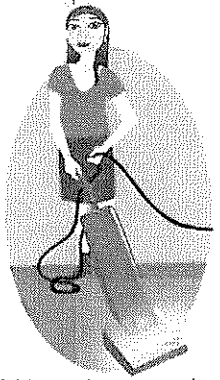


Here are a few other things you can do to get rid of the lice or nits in your home

- Wash clothing and bedding in hot water (130°F) then dry on a hot cycle for at least 20 minutes.



- Seal items in a plastic bag for two weeks to kill lice because they cannot get a blood meal.
- Boil combs, brushes, hair bands, and barrettes in water for five minutes, or soak them in rubbing alcohol or Lysol®* for one hour.
- Vacuum carpets and furniture.



* Use of this product name does not imply commercial endorsement by the California Department of Public Health.

Exhibit
BPC: June 19, 2013
Board Meeting: June 25, 2013

SAN LEANDRO UNIFIED SCHOOL DISTRICT
San Leandro, California