



RAFFLES

WORLD ACADEMY

Head lice are a very common problem, affecting millions of people each year — especially preschool and elementary school-aged children and their close contacts. Head lice are tiny, wingless, parasitic insects that live and feed on blood from your scalp. Getting head lice aren't a sign of bad personal hygiene or an unclean living environment. Both over-the-counter and prescription medications are available to treat head lice. Following the directions properly and taking necessary steps at home are important to prevent head lice from recurring.

Causes: Head lice can't fly or jump, and they're not transmitted by pets. They spread by head-to-head contact or via contact with contaminated personal belongings or home furnishings.

Head-to-head contact: This is the most common mode of transmission and may occur as children or family members play or interact closely together.

Sharing personal items: head lice may be transmitted via such items as: Caps, hats and scarves, brushes and combs, hair decorations.

Home furnishings: Head lice may sometimes be contracted by contact with contaminated: towels, clothing, blankets, pillows, upholstered furniture

Treatments and drugs, Over-the-counter products: Shampoos containing either pyrethrin (Rid, others) or permethrin (Nix) are usually the first option used to combat lice infestations. These work best if you follow the directions very closely

Combing wet hair: a fine-toothed or nit comb can physically remove the lice from wet hair. Repeat every three to four days for at least two weeks. .

Lifestyle and home remedies: Lice can live for about two days without a meal, and nits will die within a week if they're not kept at the same temperature as that found near the human scalp. That's why it's so uncommon for people to be infected with lice by any method other than head-to-head contact. **Wash items in hot water:** Wash bedding, stuffed animals, clothing and hats with hot, soapy water — at least 130 F (54.4 C) — and dry them at high heat for at least 20 minutes. Soak brushes and combs in very hot water for five to 10 minutes. **Seal items in plastic bags:** Place bedding, clothing and unwashable items in an airtight bag for three to four days. This will kill live lice, and newly hatched lice will die because they have no nutrition. **Vacuum:** Give the floor and furniture a good vacuuming

Mayo Clinic