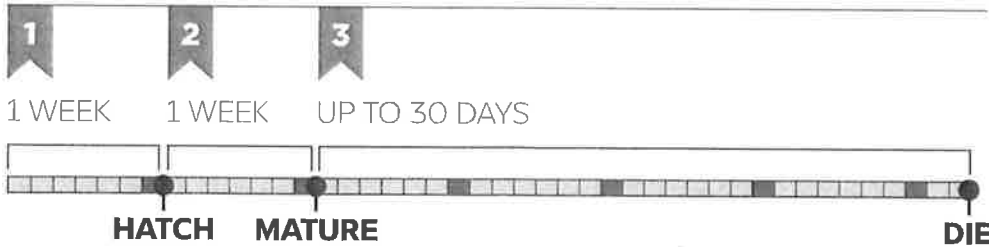
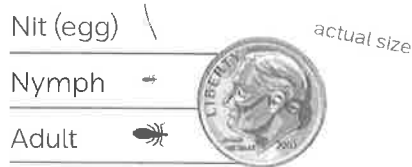


**HEAD LICE**

# the Facts of Lice

Children in preschool and elementary school are the most likely to get head lice - tiny, wingless parasitic insects that feed on tiny amounts of blood drawn from the scalp of humans.

**SIZE COMPARISON**



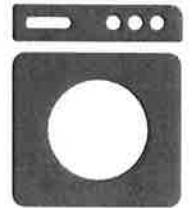
Lice cannot jump or fly. The only way for them to spread is HEAD-TO-HEAD CONTACT.



Head lice almost never spread by HATS, BRUSHES, or other items.



WASH AND DRY bedding used in the past 24 hours with the hottest settings.



Help prevent the spread of lice by wearing hair in a tight BUN or BRAIDS.



Head lice DO NOT LIVE ON your pets, body, or stuffed toys.



LiceClinicsOfAmerica.com  
(855) 725-6499

  
Lice Clinics  
OF AMERICA®

# CHECKING YOUR CHILDREN



## WHAT YOU NEED

- Proper checks require a professional comb  
You can order professional grade combs from your local Lice Clinics of America clinic
- Paper towels x 6
- Clear plastic container  $\frac{3}{4}$  full with water

## HOW TO COMB SCREEN

Place the comb parallel to and touching the scalp, then pull the comb through the entire length of the hair. Do not allow the comb to bind in the ends of the hair or you will lose what debris you may have combed out. Complete this pattern across the entire scalp and base of neck for 15 minutes.



## ANALYZE THE RESULT

After each comb through, dip the comb vigorously in the water, banging the comb to remove debris, wipe excess hair in paper towel. Check the contents of the water for anything dark or tear drop shaped. Good light is essential. If you find anything suspicious make an immediate appointment with us.

## DID YOU KNOW?

5%

The CDC says 5% of the US population has head lice, that number is much higher in girls 3-14.



The major over-the-counter brands use neuro-toxins to kill lice.

↓25%

Due to super lice, at-home treatments are less than 25% effective according to the Journal of Medical Entomology.



**PIOJOS**

# los Hechos de los Piojos

Los niños en la escuela preescolar y primaria son los más propensos a contraer piojos – pequeños insectos parásitos sin alas que se alimentan de cantidades pequeñas de sangre extraídas del cuero cabelludo de los humanos.

**COMPARACIÓN DE TOMAÑO**




<p><b>1</b></p> <p><b>LIENDRE</b></p> <p>Se ponen huevos diminutos en la base del tallo del cabello y a menudo se confunden con caspa.</p> 	<p><b>2</b></p> <p><b>NINFA</b></p> <p>Las liendres eclosionan en ninfas y se vuelven de color marrón rojizo después de alimentarse de sangre humana.</p> 	<p><b>3</b></p> <p><b>ADULTO</b></p> <p>Las piojos hembras pueden poner hasta 100 liendres durante sus 30-45 días de vida.</p> 
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Los piojos no brincan ni vuelan. El contacto de **CABEZA A CABEZA** es la manera única que propaganan los piojos.



Los piojos casi nunca propaganan por medio de **SOMBREROS, CEPILLOS** u otros artículos.



**LAVE Y SEQUE** la ropa de cama que haya usado en las últimas 24 horas cualquier miembro de la familia que esté bajo tratamiento.



Ayude a prevenir la propagación de piojos usando el cabello en un **MOÑO APRETADO O TRENZAS**.



Los piojos **NO VIVEN** en sus mascotas, cuerpo o juguetes de peluche.




**Lice Clinics**  
OF AMERICA®

# REVISANDO A SUS HIJOS



## QUE SE NECESITA

- Los exámenes adecuados requieren un peine profesional  
Se puede ordenar peines de calidad profesional en su clínica local Lice Clinics of America
- Toallas de papel x 6
- Recipiente de plástico transparente -  $\frac{3}{4}$  lleno de agua

## COMO PEINAR EXAMINAR

Coloque el peine en paralelo y tocando el cuero cabelludo, luego tire el peine a lo largo de todo el cabello. No permita que el peine se adhiera a las puntas del cabello o perderá los restos que pueda haber peinado. Complete este patrón en todo el cuero cabelludo y la base del cuello durante 15 minutos.



## ANALIZA EL RESULTADO

Después de pasar cada peine, sumerja el peine vigorosamente en el agua, golpee el peine para eliminar los restos y limpie el exceso de cabello con una toalla de papel. Verifique el contenido del agua en busca de algo oscuro o con forma de lágrima. Una buena luz es fundamental. Si encuentra algo sospechoso, haga una cita inmediata con nosotros.



## ¿SABÍA?

5%

El CDC dice que 5% de la población de los EE. UU. tiene piojos, ese número es mucho mayor en las niñas de 3 a 14 años.



Las principales marcas de venta libre utilizan neurotoxinas para matar los piojos.

↓25%

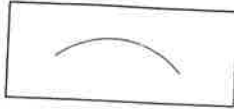
Debido a los súper piojos, los tratamientos caseros son menos del 25% efectivos según el Journal of Medical Entomology.

# KNOW WHAT YOU'RE LOOKING FOR!

If you continue to find what you think are nits without ever seeing a louse, be sure that you are not confusing nits with common hair debris.

Please note the difference between a nit and two types of dandruff often mistaken for nits:

Nit



Nits (lice eggs of the head louse) are small yellowish or grayish-white oval-shaped eggs that are "glued" at an angle to the side of a hair shaft.

DEC Plug



DEC Plugs are bright white, irregularly-shaped clumps of fat cells (dandruff) stuck to the hair shaft.

Hair Cast



Hair Casts are thin, elongated cylinder-shaped segments of dandruff which encircle the hair shaft and slide off easily.

Images are actual size.

**NATIONAL PEDICULOSIS ASSOCIATION<sup>®</sup>, INC.**

P.O. BOX 610189, NEWTON, MA 02461  
TEL. (781) 449-NITS • FAX (781) 449-8129

[www.headlice.org](http://www.headlice.org)

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## Critter Card<sup>™</sup>

Head lice are often first diagnosed by seeing their nits (lice eggs). Do not confuse nits with hair debris (see back of card).

### Human Head Louse



actual size

- Head lice are clear in color when hatched, then quickly develop a reddish-brown color after feeding.
- Head lice have six legs equipped with claws to grasp the hair.
- Head lice are crawling insects. They cannot hop, jump, or fly.
- Head lice need human blood in order to survive.
- Head lice can survive up to 24 hours off the human host.
- Head lice live for about 30 days on a host and a female louse may lay up to 100 nits.

### Nit



actual size

- Nits are small yellowish or grayish-white, oval-shaped eggs that are "glued" at an angle to the side of a hair shaft.
- Nits must be laid by live female lice. You cannot "catch nits."
- Once laid, it takes 7-10 days for a nit to hatch, and another 7-10 days for the female to mature and begin laying her own eggs.
- Nits are always the same shape; they are not irregular or fuzzy.
- **All** nits must be removed to control head lice. The NPA recommends the LiceMeister<sup>®</sup> comb.

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