



Ticket to Healthy Living

HEAD

LICE



Texas
Children's
Health Plan is
your family's
ticket to
health care.



What is head lice?

- Head lice are tiny bugs that live on the human scalp.
- Head lice can be spread from person to person very easily and is common in school-age children.
- Head lice can live for about three weeks and the eggs (nits) will hatch every 10 days.

Signs you might see

- Lice are very small (about the size of a sesame seed) and are hard to see. They look like little white specks.
- You might be able to see the lice eggs (nits) because they are larger. They will be close to the scalp and stuck to the hair.
- Lice bites will cause a rash or red spots that look like mosquito bites.
- Your child might scratch his head a lot.

How do you get head lice?

- It can spread easily from person to person.
- Children may share hats, combs, brushes, headphones or pillows.
- Even children who bathe and wash their hair often can still get head lice.

What to do

- Wash your child's hair with a special hair shampoo that is made to kill lice. Some examples are RID shampoo or NIX hair rinse.
- Fill your hand with shampoo and work it into your child's hair.
- Add a little warm water, just enough to make a lather.
- Scrub your child's hair for 10 minutes. It takes 10 minutes to kill the lice and nits.
- Rinse the hair with water.
- Dry with a towel.
- Comb your child's hair with a fine-tooth comb.
- You will have to remove the nits, one-by-one, using this fine-tooth comb or tweezers. You might need to use a light or flashlight to see them. The nits were killed by the shampoo, but will still stick to the scalp.
- Call your doctor to find out which shampoo to use and if it can be used on children younger than 1 year old.
- Check everyone in the family to see if they have any signs of head lice.
- You should have everyone in the family wash their hair with this shampoo.
- Don't let anyone share combs, hair brushes or hats.
- Clean your house well.
- Vacuum your child's room well.
- Vacuum the mattress, furniture and rugs.
- Soak combs and hairbrushes for 10 minutes in the same special hair shampoo.
- Wash your child's sheets, blankets and pillowcases in hot water. Dry them in a hot dryer.
- Wash any clothes your child wore in the past two days and dry them in a hot dryer.
- For any items that can't be washed, like hats or coats, put them in a sealed plastic bag for 10 days.
- Tell your child's school that your child has head lice.
- Tell the parents of your child's friends that your child has head lice.
- Clean the inside of your car.



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Texas Children's
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A subsidiary of Texas Children's Hospital

1-800-990-8247

When to call your doctor

- When shampooing and cleaning the house does not get rid of the lice.
- When head lice keeps coming back.
- Your child is younger than 1 year old and has head lice.
- Your child cannot sleep because of the itching.
- You can feel large knots in your child's neck.
- The rash is still there one week after shampooing.

