

Nitpicking in NOLA

Lice 101

Lice Facts:

- Nits (the eggs of the female head louse) are small BROWN, oval-shaped eggs that are to the side of a hair shaft glued at an angle. The yellowish-white nits are EMPTY nits that have already hatched.
- Nits must be laid by live lice. You cannot "catch nits."
- Once laid, it takes 7-10 days for a nit to hatch, and another 12-15 days for the female to mature and begin laying her own eggs.
- Head lice are clear in color when hatched, then quickly develop a reddish-brown color after feeding.
- Head lice are about the size of sesame seeds.
- 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 do not thrive on pets. They are specie specific which means they ONLY feed on humans.
- Head lice are small, wingless insects which feed on human blood. They need human blood in order to survive.
- Head lice live for approximately 30 days on a host and a female louse may lay up to 100 nits (eggs).
- Head lice that are off of their human hosts will starve. The National Pediculosis Association suggests that, in most cases, a head louse will not survive for more than **24 hours** off of its human host.

Even though your house may harbor a few dust bunnies, it can't harbor head lice. The recommendations of the American Academy of Pediatrics say that extraordinary efforts to clean your house are an unnecessary waste of time. Unfortunately, many often perceive their homes to have lice rather than the children. The truth of the matter is that almost all head lice transmissions occur through head-to-head/hair-to-hair contact. Spraying the environment or hiring extermination services for head lice eradication is unwarranted and can pose potential health threats. The problem is in our heads not our homes.

Simple rules to check for head lice:

- The child should shower/bathe first.
- While the hair is wet, use a regular brush to get all knots out, apply conditioner/detangler if needed.
- Then comb through their entire head with a METAL LICE COMB. Lice stop moving in wet hair.
- Wipe the lice comb on a white paper towel.
- If you start to see bugs the size of a sesame seed that is lice.
- If you see things that resemble pepper this is possibly the nits, keep combing try to catch a bug to confirm lice.

Simple rules following lice removal treatment:

- Wash all bedding (pillows, sheets, blankets and/or comforters) of the infected child(ren) OR place all of the bedding in the dryer for at least 20 minutes on HIGH heat.
- Vacuum the area were the child was treated and any places that the child sat or laid on within the last 24 hours before being treated.
- Wash all clothes worn within the last 24 hours before treatment, this includes pajamas. Anything that was not worn within 24 hours before treatment or that is hanging in the closet is fine.
- Place all brushes and combs in the dishwasher.

Websites -

www.headlice.org

www.cdc.gov

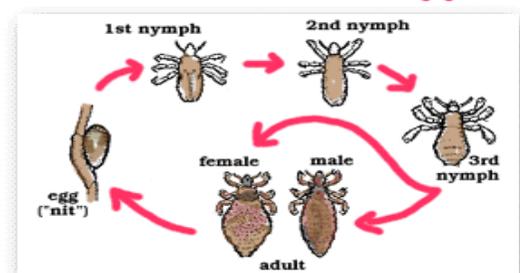
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Lice Removal Service

504.258.6091

www.nitpickinginnola.com

Which Came First... the Itchin' or the Egg?



(The Life-Cycle of the Head Louse)