

...Removing Nits...

If you receive a notice from the school or child care centre informing you that your child may have nits, you should do the following:

- Apply a **wet towel on the scalp** for at least 30 minutes to help dislodge the nits.
- **Comb through each tuft of hair with a nit comb:**
For short hair: softly scratch the scalp and slide the comb along the hair from the roots to the ends.
For long hair: take a tuft of hair, 2 cm wide. Using the nit comb, comb through hair in the opposite direction (towards the scalp), and then comb through normally (from the roots to the ends). Tufts of hair can be separated with hair clips or rubber bands, which should be discarded after use.
- To remove a difficult nit, use fingernails or eyebrow tweezers, sliding the nit along the length of the hair.

...Washing Personal Belongings...

Risk of getting lice through contact with personal belonging is minimal, but if you receive a notice from the school or child care centre, follow these steps:

- Treat personal belongings (combs, hairbrushes, hats, caps and other accessories) that are used on a regular basis by the person according to one of the following methods:
 - Soak belongings in (undiluted) head lice medication for 5 to 10 minutes. **or**
 - Soak belongings in hot water (around 65°C or 150° F) for 5 to 10 minutes. **or**
 - Items that can't be washed should be placed in a bag deep in a freezer for 24 hours, or in wintertime, outside for 24 hours. **or**
 - Dry clean clothing. **or**
 - Store belongings in a plastic bag for 10 days.



Spraying the house, furniture or other household objects with chemical sprays is NOT recommended. Not only is this ineffective in controlling head lice, but it can also pose a serious health risk to people or animals exposed to a potentially toxic product.

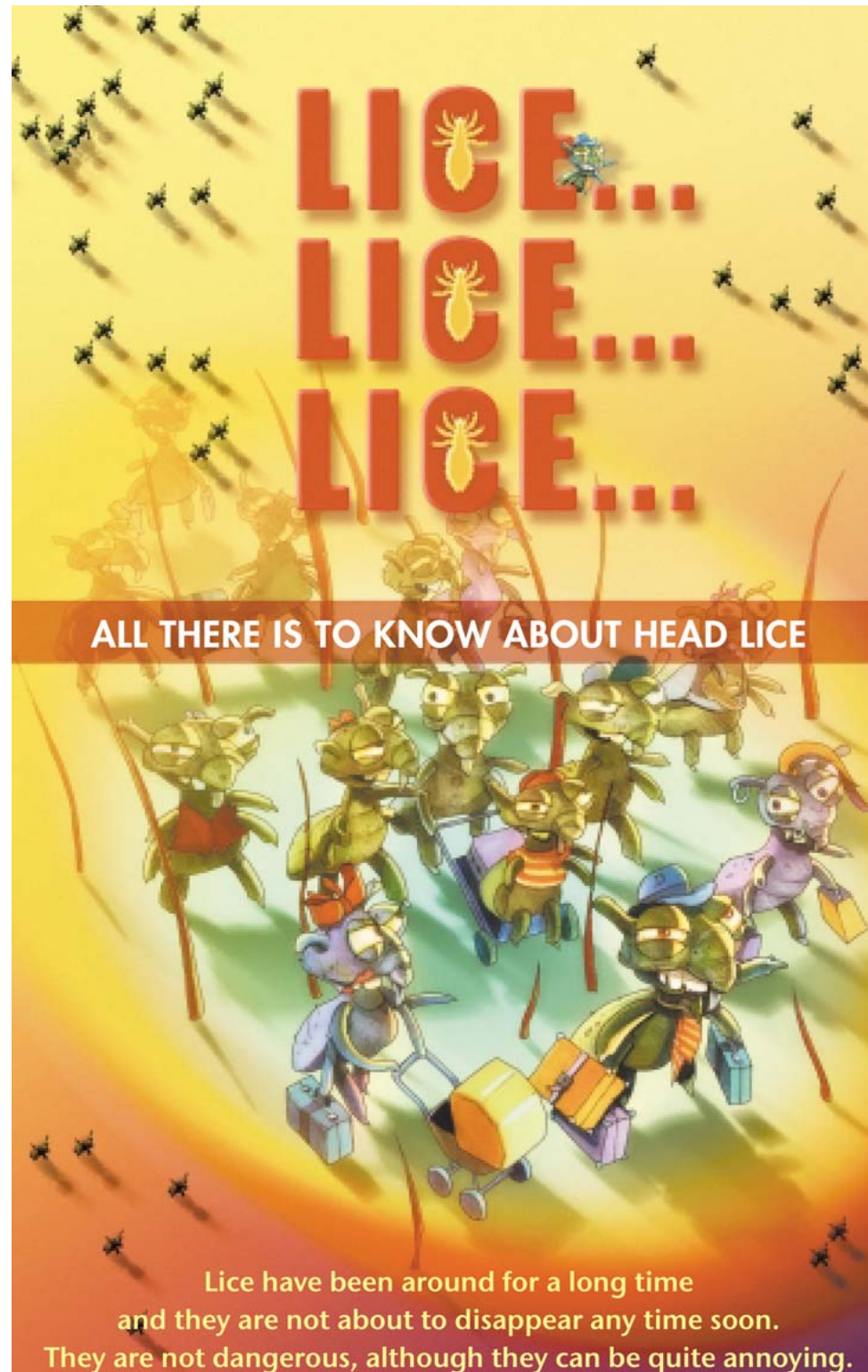
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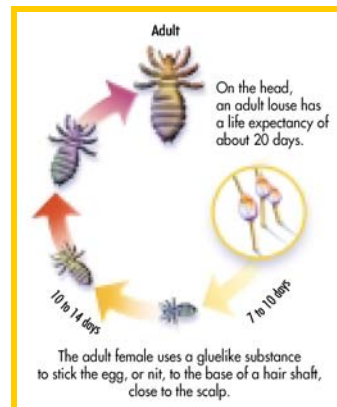


Did You Know that head lice...

- are found mainly in children who go to school or to a child care center, especially just after the holidays;
- can attach to anybody, rich or poor;
- are found in both clean and dirty hair;
- feed on human blood;
- do not always cause itching;
- cannot be killed by regular shampoos but can easily be eliminated by using special head lice medication;
- do not transmit diseases;
- do not live on pets.

Head Lice...

- are very tiny greyish insects;
- can live up to 30 days near the hair root and can sometimes be found on eyebrows and in beards;
- lay 6 to 8 eggs (nits) per day;
- do not jump or fly.



Nits...

- are found firmly attached to the hair shaft;
- are hard to remove.

LIVE NITS:

- are greyish-white eggs that look like swollen and shiny dandruff;
- are found within 1 cm of the scalp.

DEAD NITS:

- are whiter and dried out;
 - are mainly found more than 1 cm from the scalp.
- 1 cm

Dandruff, dust or dirt that can be easily removed is not a nit.

How to apply the product

Pronto™, R&C™ (conditioning shampoo*)



Apply 25 to 50 ml of the product **on dry hair** and massage thoroughly, in particular near the back of the neck and behind the ears.



Wait **10 minutes** (without diluting).



Gradually add water until a lather forms.



Rinse hair thoroughly with clear water.



Dry hair with a towel or with a hairdryer. Place the towel with other soiled laundry.



Comb through hair every day using a nit comb.

Do not use vinegar or conditioner for 10 days following treatment.

***Cost of treatment** the average cost of an individual size bottle is \$10.00 to \$15.00 (products are sold over the counter at your local drugstore). A nit comb can be obtained at your local drugstore and the Lice Meister Comb is available at YK Public Health Unit for a rental fee of \$25.00.

How to apply the product

Kwellada-P™ 1%, Nix^R 1% (after shampooing*)



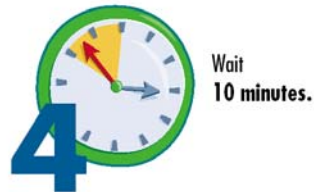
Wash hair with a regular shampoo that does not contain a conditioner (or cream-rinse). Rinse hair with clear water and dry with a towel.



Shake the bottle well.



Apply 25 to 50 ml of the product on the scalp. Massage thoroughly through hair, in particular near the back of the neck and behind the ears.



Wait 10 minutes.



Rinse hair thoroughly with clear water.



Dry hair with a different towel or with a hairdryer. Place the towels with other soiled laundry.



Comb through hair every day using a nit comb.

Do not use vinegar or conditioner for 10 days following treatment.

Cost of treatment (see next page)

How do you get head lice?...

- Lice can spread easily through **head-to-head contact**, for example, a hug.
- Head lice **are not easily spread through contact with personal belongings** such as hats, combs, hairbrushes, and pillowcases, nor through contact with the back of sofas, or with sheets, carpets, eyeglasses, etc.



How to find out if you have lice or nits?...

By CHECKING THE HEAD, PREFERABLY WITH a NIT COMB, a very fine-toothed comb designed for this purpose.

WHEN?

- At least once a week, during regular hair washing, especially when children have just returned to school after the holidays.
- Everyday, if there is a case of head lice around you or in the school.
- As soon as the scalp starts to get itchy.

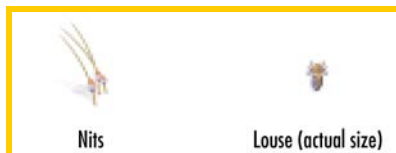
HOW?

- Put head under a good light (a magnifying glass can help).
- Look for lice and nits, especially behind the ears and near the back of the neck.
 - **For short hair:**
It is best to comb through the hair from the back of the neck to the top of the head, lightly scratching the scalp and sliding the nit comb from the roots to the ends of the hair, working through the entire head of hair.
 - **For long hair:**
Separate the hair into tufts and comb through each tuft, lightly scratching the scalp and sliding the nit comb from the roots to the ends of the hair, working through the entire head of hair.
- Each time you run the comb through the hair, check to see if there are lice or nits on the comb.
- Wash your hands after each time you check someone's hair.



...If you find lice or nits...

- Apply head lice medication as soon as possible.
- Inform the school or child care centre and anyone who has been in close contact, as soon as possible.
- **Temporarily** keep your child home until the first treatment has been applied.
- **Check** the heads of **all other family members**.



Treat **ONLY** those who have lice or live nits. The treatment is more effective when all family members who have head lice are treated **at the same time** (on the same day).

...How to prevent head lice...

Keep long hair tied back.

Remind children:

- To avoid head-to-head contact;
- To keep winter hats, caps and scarves in their coat sleeves.

Check the child's head regularly.

Regularly checking and treatment of those who have head lice can prevent head lice from spreading.

Parents' participation is essential in preventing and controlling head lice.



Treating head lice



If you find lice or nits (eggs) after looking closely through the hair, you should treat your child with head lice medication.

...Choosing the Product...

The following products are recommended:



- **Category A:** This is the **best treatment choice. Kwellada-P™ 1%, NixR 1%, (products containing permethrin).** These products are recommended for children 2 years of age and older. They are not recommended for pregnant or nursing women.

- **Category B:** This product is recommended if treatment with permethrin fails. **Pronto™, R&C™ (products containing pyrethrin and piperonyl butoxide).** It can be used without restriction by pregnant or nursing women and for children under 2 years of age. There are also other head lice products available on the market; however, their effectiveness has not been demonstrated in published studies.

...Number of Applications...

Treatment includes **two** applications of the same product, the second application being 7 to 10 days after the first, even when live lice and active nits are no longer found in the hair.

If you find **live lice** (you must be certain so as to avoid over treating) 48 hours after the first application of the product, it is recommended that you repeat the treatment immediately, choosing a product of another category from among those listed above.