

# HAIR LICE

are parasitic insects that feed on human blood. You can find them mostly on your head, but also on your eyebrows and eyelashes.



**YELLOWHAWK PUBLIC HEALTH, 541.240.8697**

Head lice mainly spread by direct contact with the hair of a person infested with lice. Head lice move by crawling; they cannot hop or fly. Adult lice can live on a person's head for about 30 days. However, they will die within two days if they fall off a person and cannot feed.

## Symptoms of Hair Lice:

- Intense itching on the scalp
- Tickling feeling from movement of hair
- Sores on scalp, neck, shoulders
- May be confused for dandruff

Yellowhawk eligible patients may stop by our pharmacy for NIX.



**Using a lice comb is crucial for treatment!**

## PREVENTION & TREATMENT

- Avoid head-to-head (hair-to-hair) contact
- Do not share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes.
- Both prescription and over-the-counter medications treat head lice infestations.

Machine wash and dry clothing, towels, bed linens, and other items that a person infested with lice wore or used during the two days before treatment. Use the hot water (130°F) laundry cycle and the high heat drying cycle. If you can't wash or dry clean items, seal them in a plastic bag and store them for two weeks. For best results, combine medication, extensive combing, and cleaning.