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|  |  | HeaD LiceLice are tiny wingless insects that live on human hair and feed on blood from the scalp. Common in children. Not a sign of poor hygiene, all they need is blood so clean or dirty does not matter. Lice are annoying but they are not dangerous and they do not carry disease. |
| Contact**PHONE:****763-333-7733** *24-hour access to care***FAX:****763-333-7711****WEBSITE:****childandteenmedicalcenter.com****EMAIL:****info@childandteenmedicalcenter.com**LOCATIONS:**Blaine:**11107 Ulysses Street NE, Suite 100Blaine, MN 55434**Fridley:**7225 University Ave NEFridley, MN 55432PROVIDERS:Kaylee Adams, CNPJennifer Benton, CNPCatherine Chang, MD John Hollerud, MDJennifer Rousseau, MDStephen Sitrin, MDBenjamin Williams, CNP Molly Wirtz, CNP |  | WHAT to Expect:* The bites can make a child’s scalp itchy and irritated - reaction to the saliva of the lice
* May take weeks for kids with lice to start scratching
* May complain of things tickling or moving around their heads
* Small red bumps or sores—too much scratching can lead to a bacterial infection

IMPORTANT TO KNOW:* Spreads easily from person to person: cannot fly or jump; but can crawl and cling to hair. Spread through head-to-head contact and sharing clothing, linens, brushes and hats.

-Wash all bed linens, stuffed animals, and clothing used two days before treatment -use very hot water (130 °F) and then hot cycle of dryer-Dry clean items that cannot be washed or put in airtight bags for 2 weeks-Vacuum carpets and upholstered furniture-Soak hair items (combs, hair ties) in hot water or throw away* **Lice eggs (nits)** are tiny yellow/tan dots; can find on hair shaft close to scalp—look like dandruff but cannot be removed by brushing

**-**More common to see than live lice crawling on the scalp* **Adult lice / lymph’s** are tiny grayish/white or tan (sesame seed); feed several times per day and can survive 2 days off the scalp
* Best way to check is with wet hair and a comb under good light, magnifying glass is helpful—look at nape of neck and behind ears
* Treat with OTC medicated shampoos: follow directions on label

\*\*Due to contagiousness, recommend treating everyone in the household* Do NOT use essential oils or pesticide sprays

WHen to call the clinic:* If lice persist 2 weeks after treatment or concerns of skin infection
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