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|  |  | HeaD Lice  Lice 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 100  Blaine, MN 55434  **Fridley:**  7225 University Ave NE  Fridley, MN 55432 PROVIDERS: Kaylee Adams, CNP  Jennifer Benton, CNP  Catherine Chang, MD  John Hollerud, MD  Jennifer Rousseau, MD  Stephen Sitrin, MD  Benjamin 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 |