



# Head lice

Head lice infestations are a common problem for children in childcare settings and schools. Anyone can get head lice. There are two other kinds of lice that infest people, but they do not live on the head. Parents should check their child(ren) for head lice regularly. If they find lice or eggs (nits), use the information provided below.

## School health and childcare provider information

### Cause

*Pediculus humanus capitis*, a louse.

Head lice are very small (less than 1/8 inch long, about this size [--]), brownish-colored parasitic insects that live on human heads and lay their eggs (nits) close to the scalp. The eggs are tiny (about the size of the eye of a small needle) and gray or white in color. Adult lice move quickly and do not like light.

### Symptoms

Itching of the head and neck. Look for: 1) crawling lice in the hair, usually few in number; 2) eggs (nits) glued to the hair, often found behind the ears and at the back of the neck; and 3) scratch marks on the head or back of the neck at the hairline.

### Spread

Lice are spread by head-to-head contact and by sharing personal items which are used close to the head, such as combs, sports head gear, brushes, barrettes, and hats.

Lice do not jump or fly; they crawl and can fall off the head. Head lice do not live longer than 48 hours off the head. Adult lice can lay up to 8 nits per day. **Nits which are more than 1/4 inch from the scalp are dead or empty and will not hatch.** Lice do not spread to or from pets.

### Incubation

It takes 7 to 10 days from when the eggs are laid until they hatch.

### Contagious period

Until treated with a lice treatment product.

### Exclusion

*Childcare and school*

None, but treatment is recommended before returning to school. "No nit" policies and exclusion from school or childcare of students with active head lice infestations is not recommended. A child with an active infestation has likely already had an infestation for over one month. The risk of further transmission

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is low. Children with active head lice infestations should be encouraged to avoid head-to-head contact with other children.

### Treatment

- Call a health care provider or pharmacist for advice. Recommended treatment includes using either an over-the-counter (OTC) or prescription medicated (lice killing) product. Use products that contain permethrin or a pyrethrin-based shampoo. Refer to the Minnesota Department of Health website ([www.health.state.mn.us](http://www.health.state.mn.us), then search for "head lice treatment") for the most current head lice treatment guidelines.
- Follow the product directions carefully, especially the amount of product to use, length of time on the hair, and whether to use on dry or damp hair. Directions will vary, depending on the product used. It may take 24 hours for products to kill lice.
- With certain products a second treatment is recommended 7 to 10 days later to kill any lice that may have hatched from eggs after the first treatment.
- Lice treatment products are not 100% effective in killing lice, especially nits. Removing the nits (nitpicking) is an important part of the treatment for controlling the spread of head lice. The nits are glued onto the hair shaft as they are laid and require effort to remove. To remove the nits, use a metal nit comb, cat flea comb, or your fingernails to slide eggs off the hair shafts, or use scissors to cut the hair shafts that have nits glued to them. **Continue checking the head and combing hair daily for 2 weeks.** If all nits within 1/4 inch of the scalp are not removed, some may hatch and the child will be infested again. **Remember: it takes at least 2 weeks to get rid of head lice.**
- Check all household members for head lice. Treat only household members with head lice and treat all infected members at the same time.
- Many alternatives to OTC or prescription head lice control products have been suggested. Although there is little scientific evidence to support these treatments, people often use alternative treatments when the usual treatments have not worked or when there is concern about the toxicity of repeated use of head lice control products. Some of the treatments being used include applying mayonnaise, oils (vegetable, olive, mineral, etc.), or petroleum jelly (Vaseline) to the head. These materials may suffocate and/or make it hard for the lice to move but do not kill the nits. Some of these products are difficult to remove from the hair.

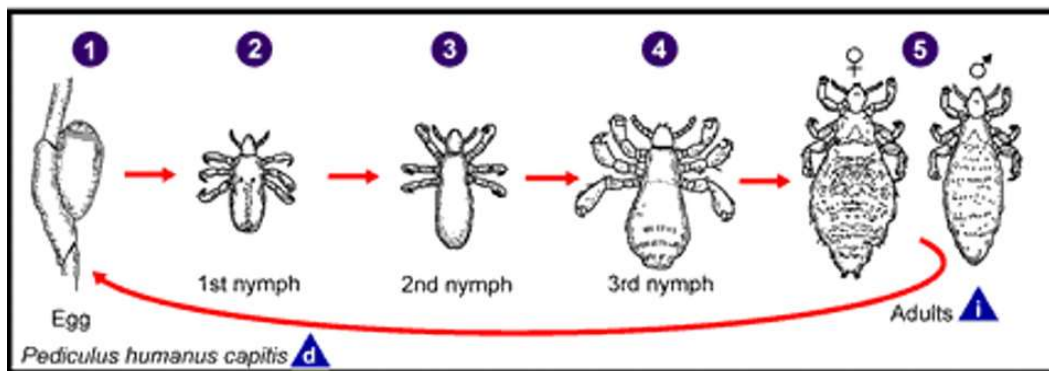
### Prevention

- Encourage children to reduce head-to-head contact.
- Parents should check their child's head frequently throughout the year and if cases of head lice are found in their child's childcare, school, activities, etc.
- Do not share combs, brushes, other hair grooming items and other hair accessories (barrettes, etc.), towels, bedding, clothes, hats, and headgear, such as personal headphones and sports helmets.

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- Hang coats, jackets, and hats in individual lockers or on assigned coat hooks. If this is not possible, put clothing in separate plastic bags. Bedding, when not in use for naptime, can be stored in individual plastic bags or storage boxes.
- Clean all combs, brushes, other hair grooming items and accessories (barrettes, etc.) by doing one of the following:
  - soaking in the lice treatment product for 10 minutes.
  - cleaning with hot soapy water.
  - boiling for 5 minutes.
- Vacuum carpets, upholstered furniture, mattresses, and seats in the car(s) thoroughly. Insecticide sprays are not recommended because this will expose household members to unnecessary pesticides and most viable lice are found on the head, not in the environment.
- Wash clothing worn in the last 3 days prior to treatment (e.g., jackets, hats, scarves, pajamas), bedding, and towels in hot (130 °F or higher) water and dry in a hot dryer for at least 20 minutes before using again. Clothing or backpacks that cannot be washed or dried, linens, and stuffed toys can be dry cleaned or sealed in plastic bags for 2 weeks.

## Head lice life cycle



Centers for Disease Control and Prevention. (2019a, September 11). CDC - lice - head lice - biology. Centers for Disease Control and Prevention. <https://www.cdc.gov/parasites/lice/head/biology.html>

## How to remove nits

Work in a well-lit room or under a bright lamp (using a magnifying glass may help you see the nits).

- Divide the hair into 4 parts and divide each part into 1-inch sections.
- Starting at the scalp, use a metal nit comb, cat flea comb, or your fingernails to comb each hair section individually.
- Use the comb or your fingernails to slide eggs off the hair shaft or use scissors to cut hair shafts that have nits glued to them.
- Remove all nits within ¼ inch from the scalp each time you comb the hair.

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- Remember: It can take at least 2 weeks to get rid of lice.



For more information, call Hennepin County HSPHD-Epidemiology at (612) 543-5230 or call your local health department.

Additionally, more information about head lice can be found on the Minnesota Department of Health (MDH) website. Go to [www.health.state.mn.us](http://www.health.state.mn.us), in the search box type: "head lice".

Hennepin County Public Health  
Epidemiology  
612-543-5230  
[epi-envhlth@hennepin.us](mailto:epi-envhlth@hennepin.us)

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