



# Stan & Fran's Health Hints



January 2009

## Lice

### What are head lice?

- ① Tiny insects that live on your scalp and feed on blood.



- ① Adult lice lay eggs (nits) that are glued onto the hair very close to the scalp.
- ① Head lice do not jump or fly from head to head.

- ① Head lice can make the scalp itchy and red lesions on the scalp can be seen.

### How are they spread?

- ① By touching heads with someone who has head lice or by sharing hats, brushes, and combs
- ① Spread easily in day cares and schools

### Where to look

- ① Behind ears and the back of the neck

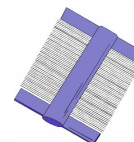
### Prevention

- ① Teach your child not to share hair accessories, hats, coats, combs, or brushes.
- ① Tie back or braid your child's hair.

### Treatment Options

#### 1. Head lice shampoo, creams, or rinses

- ① These are available over the counter; follow instructions on the bottle.
- ① Remove nits with a "nit" comb (metal works best) or fingers.
- ① Repeat treatment seven to ten days after initial treatment.



#### 2. Wet combing

- ① **Wash** hair with ordinary shampoo and rinse. **Apply** at least one-half cup of conditioner (any brand) to thoroughly saturate the hair. **Comb** sections of hair using a "nit" comb from scalp to the end of hair.
- ① Rinse comb, wipe dry, and continue section by section around the head.
- ① Rinse hair and repeat combing until no lice are found, and repeat wet combing every **three to four days** for two weeks.



**F**or both methods, wash bedding, pillowcases, and clothing worn in the past two to three days, and then dry in the hot cycle of dryer. For unwashable items, seal in a plastic bag for ten days or put in the freezer for 48 hours.

Watch the informational video at:

[www.interiorhealth.ca/choose-health.aspx?id=170](http://www.interiorhealth.ca/choose-health.aspx?id=170)



**Non-Smoking Week** is **January 18 to 24**. For information and resources to help you or someone you know to quit smoking, go to <http://www.quitnow.ca> or call **1-877-455-2233**.

## Healthier Living

**W**e bet healthier living was one of your family's goals for the New year! To help you along, try the tips and weekly logs in this family resource for boosting veggies and fruits and active playtime in B.C.'s young families.



**CHECK OUT:** [http://www.bced.gov.bc.ca/health/healthy\\_living\\_booklets/healthylivingk-3.pdf](http://www.bced.gov.bc.ca/health/healthy_living_booklets/healthylivingk-3.pdf)