



## What are head lice?

- Small, tan-colored insects (less than 1/8" long) that
  - Live on blood they draw from the scalp.
  - Live for days to weeks depending on temperature and humidity.
  - Crawl. They do not hop or fly.
  - Deposit tiny, gray/white eggs, known as nits, on a hair shaft 3 to 4 mm (1/4") from the scalp. The eggs need the warmth from the scalp for hatching.
  - Cannot live for more than 48 hours away from the scalp as adult insects.
- Having an infestation with lice may cause irritation and scratching, which can lead to secondary skin infection.
- Families and teachers/caregivers often get upset about lice, and it disrupts normal activities. Head lice do not carry disease. Head lice infestations occur in all socioeconomic groups and do not represent poor hygiene.

# LICE

## What are the signs or symptoms?

- Itching of skin where lice feed on the scalp or neck or complaints about itchiness by older children.
- Nits attached to hair, most easily seen behind ears and at or near the nape of the neck.
- Scratching behind ears and the nape of the neck.
- Open sores and crusting from secondary bacterial infection may cause swollen lymph nodes (glands).

## What are the incubation and contagious periods?

- Incubation period: 7 to 12 days from laying to hatching of eggs. Lice can reproduce about 2 weeks after hatching.
- Contagious period: Until live lice are no longer present.

## How are they spread?

- Primarily through direct head-to-head contact with infested hair. Shared objects (hats, headgear, and other objects) that contact the head are possible but uncommon cause of spread of lice. Avoid sharing clothing and headgear or wash them between users.
- Nits hatch best when they are kept warm by being on strands of hair that are within 3 to 4 mm (1/4") of the scalp, on the bottom part of the hair strands that are growing out of the scalp, or with a hairstyle that puts hair within 3 to 4 mm (1/4") of the scalp. Research shows eggs can be laid on other surfaces and hatch more than 50% of the time.

## Upcoming Classes\*

Join us for our upcoming training at  
**Concord First Assembly**, 150  
Warren C. Coleman Boulevard,  
Concord.

Please enter the door to the left of  
the Living Center. It is on the  
ground floor.

**May 14 SIDS 6-8 pm**  
**June 11 SIDS 6-8 pm**

To sign up, please call Lissy at 704  
-933-8278 ext.100 or email

[lvrios@cabarruspartnership.org](mailto:lvrios@cabarruspartnership.org).

\*No children allowed. Doors will be  
locked 10 minutes after start time for  
class. No exceptions.\*

**School's Out  
Bash**

Saturday, June 8 @ 10am-2pm  
at Hilbish Ford, Kannapolis

Admission: \$5 each / \$15 groups of 4+

All proceeds benefit the  
Cabarrus Partnership for Children

Hot Dogs  
Snow Cones  
Cotton Candy  
Glitter Stamps  
Storytellers  
Zucchini Race  
Kickball Tournament  
SWAT & K-9 Demos  
Car Seat Checks  
Vendors  
And more!

# Child Care Health Consultant Monthly Newsletter

May 2019



Cabarrus Partnership  
for children



## How do you control them?

- Using medications that kill lice and nits. Some chemicals may require 2 treatments. If a particular chemical fails to work, repeated use of that chemical is unlikely to be successful, and an alternative chemical that has been shown to be effective should be tried.
- Herbal and “natural” remedies, like ylang-ylang, tea tree, and lavender oils, have not been scientifically studied. They are not regulated by the US Food and Drug Administration, so the content, safety and effectiveness cannot be assumed.
- Mechanical removal of the lice and nits by combing them out of wet hair with a special fine-tooth comb may have some benefit compared with no treatment. This treatment is tedious and very time-consuming, but it does damage and remove live lice.
- Household and close contacts should be examined and treated if they have infestations. Individuals who share the same bed with the infested child may also be treated, even if no live lice are found.
- The following supplemental measures are options, not requirements, because spread is primarily from head to head:
  - Launder articles that were in contact with the infested individual, exposing them to temps over 128.3° F
  - Toys, personal articles, bedding, other fabrics and upholstered furniture can be kept away from people for 1 to 2 weeks.
  - Floors, carpets, mattresses, and furniture can be vacuumed.
- Discouraging activity that causes head-to-head contact.

## What are the roles of the teacher/caregiver?

- Report the infestation to person in-charge; that person, alerts family and staff members to watch for symptoms.
- Have parents/caregivers consult with health professionals for treatment plan.
- Check children observed scratching their heads for lice; if lice are found, check all contacts.
- Educate teachers/caregivers and families on how to recognize lice and nits.

## Exclude from group setting?

- Child should see a health provider and, if lice is confirmed, the child should start treatment before returning. If treatment is started before the next day, no exclusion is necessary. However, the child may be excluded until treatment has started.
- Some treatments must be repeated 7 to 10 days after the first treatment. Until the treatment course is completed, avoid any activity that involves the child in head-to-head contact with other children.

## Readmit to group setting?

Yes, when the child has received the treatment recommended by the child’s health care provider. Child should be nit free.

## Comments:

- Removal of lice and nits from the hair is very difficult. It may be more successful if the hair is wet with water and combed in small sections with a very fine-tooth comb, such as those supplied with some lice treatment. Doing the combing may reduce diagnostic confusion about whether the child has been successfully treated or has experienced reinfestation.
- The CDC recommends *not* using shampoo for several days after the treatment is applied to give the residual lice-killing product on the hair a chance to work on any live lice or viable nits. Also, the CDC suggests *not* using conditioner, oil, or any other occlusive product before applying the lice-killing product because these act as a barrier and may make the lice-killing medicine ineffective.
- Education of families and teachers/caregivers about the relatively benign consequences of head lice infestations should be attempted to reduce the level of disruption for the infested child and all others involved in the program.

## Important Contacts

NC DCDEE

1-800-859-0829

Carolinan Poison Center 1-800-222-1222

Cabarrus County DHS

704-920-1400

Debra Pless, RN, CCHC 704-960-3109

NC Immunization Branch

919-707-5550

Melissa Jones, RN, CCHC 704-787-0682

Criminal Background Check Unit Line (919) 527-6620



### 5210 Day of Play

June 1, 2019

Frank Liske Park

9:30 a.m. to 12:30 p.m.

5k, Zumba, Fishing, Paddle Boat Challenge, Gaga Dodgeball,  
Archery Attack, Coloring



Cabarrus County children who will be **4 years old** by August 31, 2019 may be eligible for NC Pre-K.

Encourage parents and caregivers to contact  
Cabarrus Partnership for Children.

For MORE INFORMATION AND TO APPLY, call:  
**704-933-8278**