

KNOW YOUR ENEMY
20 Head Lice Facts You Should Know!
A Public Service from SawyerMac Productions

1. Head lice have been around since the beginning of recorded time.
2. Head lice do not come from the dirt or air or spontaneous generation. Head lice come from other head lice, just like every other species.
3. Head lice are contracted by head-to-head contact with an infested person or through contact with that person's belongings.
4. Pets do not transmit head lice to humans or vice versa.
5. Head lice can live off a human head for up to 48 hours and a louse lives on a head for approximately 30 days.
6. Nits (lice eggs) are attached to one side of a hair shaft at an angle. Nits are usually white to light grey in color and do not come off easily. Tip - if it crumbles in your fingers, it is probably not a nit.
7. A hatched nit needs a human blood meal within 45 minutes to survive
8. Head lice like clean, healthy heads the best!
9. If you have been exposed to head lice, check your head every few days for 3-4 weeks to make sure you are not infested.
10. Pediculicides - the shampoos and creme rinses used to treat head lice - are no longer considered 100% effective.
11. If a pediculicide did not work the first time, it is unlikely that more treatments will be effective. If you use a pediculicide, follow the directions on the package carefully and never use more than the recommended dose or leave it on the head longer than directed.
12. Never use products containing Lindane, a powerful neurotoxin banned for use in the United Kingdom and given a thumbs down by Consumer Reports.
13. The Centers of Disease Control recommend against using any lice sprays because of the danger to small pets and children.
14. Lice sprays contain pyrethrin which is no longer effective in killing head lice.
15. Smothering head lice with olive oil is an excellent treatment option for eliminating pediculicide-resistant head lice. To learn how to use the olive oil treatment program

correctly, watch the video **Head Lice to Dead Lice** or read the book, **Head Lice to Dead Lice**.

16. Manual nit picking is a necessary part of any lice treatment program.
17. No comb alone will get rid of head lice.
18. Do not go crazy cleaning your house. Clean once and then concentrate on heads.
19. Please inform the school, and/or daycare and parents of your child's playmates if you discover head lice on your child.
20. Head lice are not dangerous and can be eliminated if you stay informed and are persistent.

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