



Zhuhai International School (ZIS)

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Head Lice Information for Parents

Head lice are small parasitic insects living mainly on the scalp and neck hairs of their human host. Their six legs enable them to grasp hair shafts. Their presence does not denote a lack of hygiene or sanitation practiced by their host. Actually they prefer clean hair.

Head lice are mainly acquired by direct head-to-head contact with an infested person's hair. Lice may infrequently be transferred with shared combs, hats and other hair accessories. They may also remain on bedding or upholstered furniture for a brief period. Neither able to fly nor jump, lice are also unlikely to wander far from their preferred habitat. Lice lay eggs (nits) on the hair shaft close to the scalp. Here the warmth of the scalp will incubate them. The nits are cemented on to the hair and are carried away from the scalp as the hair grows. They hatch at around 8 days. The empty egg case then turns white and becomes more easily seen. The louse reaches full maturity at around 10 days after hatching. In most infestations there are usually only a dozen or so lice at any one time, but there can be hundreds of eggs.

Head lice usually cause an itch and irritation in the scalp. This can take several weeks to develop after the initial infestation. Scratching can cause crusting and scaling on the scalp. Occasionally secondary bacterial infection of the scalp results in small sores on the scalp with tender glands in the neck. Dermatitis can also occur with a heavy infestation of lice. Fortunately head lice are not known to carry any diseases which can affect humans.

It is important to identify the lice (or nits) to make a correct diagnosis. Lice are around 3mm in length and can be seen moving from hair to hair. Unhatched eggs are within a few millimetres of the scalp and have a dark area within the shell while hatched eggs are transparent. Occasionally the eyelashes can become infested.

Today the nurse has been checking students for head lice. In the event that lice or eggs are identified in your child's hair, we will notify you immediately.

Important points to remember when treating head lice

- *Regularly examine your children's scalps. Look for nits close to the skin, behind and above the ears and on the back of the neck.
- *Treat all members of the family at the same time.
- *Not all eggs are killed with one application of the chemical treatment, therefore a second application is recommended 7 days later.
- *The lice may not be killed immediately and may take a day or so to die.
- *The presence of nits doesn't mean ACTIVE infection. Hatched nits (empty eggshells) will remain attached to the hair

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shaft until the hair grows out, unless they are actively removed or the hair is cut.

*Machine-wash all bed linens, clothes, towels in hot water.

*Items that can't be washed such as soft toys and helmets should be placed in airtight plastic bags for two weeks.

*Vacuum pillows, etc.

*Spray hairbrushes, combs with insecticide or pure alcohol, then wash in warm, soapy water.

Physical methods of removing nits and lice, often a neglected part of treatment, can be effective on their own. They are however more reliable used in conjunction with chemical treatments. They are time consuming. Eggs are cemented strongly to the hair shaft and simple washing usually doesn't remove them. Nit combs are the most effective way of physically removing the nits. Electrical combs designed to 'zap' lice on the hair shaft are not effective.

- ◆ Using a nit comb is easiest when the hair is wet. Combing may be easier if a conditioner is applied first. It is best done after treating with the chemical treatment.
- ◆ Use a good light.
- ◆ Work through the hair in sections and comb down the hair shaft towards the scalp to try and remove the stubborn nits.

It may be easier if this is done while the child is kept occupied (for example watching television).

Prevention

It is difficult to prevent head lice infestation in children. As a school we will continue to play our part by regularly checking children for head lice and inform parents of methods to eradicate lice. As a precautionary measure, we would ask that you regularly monitor all members in your family in case infestation occurs. **We request that if you do find a case of head lice within your family or the school notifies you that your child has head lice, that effective treatment is carried out at home before your child or children return to school to avoid head lice being spread to other children. The school nurse can assist parents to determine if treatment has been effective or not by sensitively checking students when they return to school.**

Thank you for your cooperation.

Andrew VanderMeulen

[Head of School]

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致家长--关于头虱的信息

头虱是小型寄生昆虫，主要寄生在寄主人身上的头皮和颈部头发上。它们有六条腿可以抓住头发。它们的存在并不表示是因为寄主不讲卫生或卫生措施不足。事实它们更喜欢寄生于干净的头发。

头虱主要由头对头的接触传染到人的头发上。头虱有时也会经由共用的梳子、帽子或其它头发用品传染。它们也有可能留在寝具或软体家具一段时间。头虱不能飞也不能跳，通常不会离它们的栖息地很远。

头虱在接近头皮的头发上产卵，利用头皮上产生的热量使其孵化。虱卵会紧附在头发上，长大之后就会离开头皮。它们大约 8 天左右孵化。空卵壳就会变白，变得容易被看见。虱子孵化之后大约 10 天完全成熟。多数情况下通常一次能发现十来个虱子，但是可能会有好几百的虱卵

头虱通常会引起头皮发痒发痛。最初染上之后，可以持续几个星期都在发展。抓挠会引起结痂和头皮起鳞。偶尔还会引发继发性细菌感染，在头皮上造成小的伤处，在颈部有痛处。如果头虱感染严重，还会引起皮炎。还好的是，就目前所知，头虱不会传播影响人类的任何疾病。

识别出头虱（或虱卵）以便采取正确治疗措施是非常重要的。头虱大约 3mm 长，在头发之间可以看到它们的行走。未孵化的虱卵大约离头皮有几毫米，在壳里有一片黑色区域，已孵化的卵则会变透明。偶尔睫毛也会被感染。

治疗头虱时的要点

- *定期检查您的孩子的头皮，搜寻接近皮肤的虫卵，特别是耳朵后面和耳朵上面，以及后颈部
- *对整个家庭的成员（及帮助家里做事的人员）都同时治疗
- *仅使用一次灭虱药还不会杀死所有虱卵，因此建议 7 天之后再做一次治疗。
- *虱子可能不会被马上杀死，可能会大约过一天才死。
- *有虱卵并不意味着感染仍然活跃。已孵化的虱卵（空卵壳）会仍然附着在头发上直到头发长出来，除非主动把它们去掉或者把头发剪掉。
- *用洗衣机用热水清洗所有被单和枕套，衣服和毛巾。
- *不能清洗的物品例如绒毛玩具和头盔等应该放入密封不透气的塑料袋中两个星期。
- *用吸尘器吸枕头等
- *用杀虫剂或是酒精喷洗发刷、梳子，再用温热的肥皂水洗净。

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物理疗法

物理疗法来祛除虱卵和虱子，往往是治疗中被忽视的一个部分，其实也很有效。但是它们与杀虫剂同时使用会更有效。这类方法需要很多时间。虫卵紧紧附着在头发根部，因此简单的洗头是不能把它们除走的。篦梳是除掉虱卵最有效的物理办法。而电梳设计的“电击”除虱方法其实并没有效果。

- ◆ 当头发湿的时候使用篦梳是最容易的。使用护发素后梳头会更容易。最好的办法是用完灭虱药之后再梳。
- ◆ 梳的时候需要充足的灯光。
- ◆ 将头发分开成几个部分，用篦梳贴紧头发从发根梳起至发梢，来除掉顽固的虱卵。
- ◆ 如果孩子们有事做的时候来处理会更容易些（如看电视时）。
- ◆ 如果可能要连续几晚重复梳至少 2 次以上，然后每周一次。

预防

预防孩子们滋生头虱是很难的。作为学校，我们也会尽我们的责任来定期检查孩子们是否有头虱，也会告诉家长们一些祛除虱子的方法。作为一个防范措施，我们建议您定期检查每个家庭成员以防这样的事发生。我们要求，如果您发现您的任何家庭成员有头虱，或者学校通知，您的孩子有头虱，最有效的办法是在孩子返回学校前留在家里治疗，以避免在其他孩子之间传播。学校护士会通过检查返校的孩子来帮助家长判断治疗已生效或者未生效。

感谢您的合作。

校长

韩盾

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