



minnesota
Lice Lady

So You Have Lice, NOW what?

Transmission

Lice are transmitted primarily through head to head contact. A tight braid, bun or bandana will prevent transmission during an infestation.

To clean or not to clean??

Lice do *not* live in the environment but *nest* on human (not pets) heads. Off a human head, most adult lice are dead (by dehydration) by 24 hours and nymphs (babies) are dead by 3 hours. Nits (eggs) need a precise environment of heat and humidity in order to incubate and hatch. This environment is only found on a human head (not the couch, carpet, bed or stuffed animal).

- Put coats, hats, pillow cases, sheets in the dryer on high for 30 minutes
- Vacuum or throw a towel over a car seat for the day
- Throw brushes and combs in boiling water for 10 minutes or in a Ziploc bag for 2 days

Treatment

Tools: Terminator Nit Free Comb

Picking nits (eggs) is the most important part of eradicating lice, because it interrupts the lifecycle.

Purchasing a professional nit comb is a vital tool to increase nitpicking success. Currently, the Terminator Nit Free comb is preferred by professional nit pickers and can be purchased online or from Minnesota Lice Lady.

Products: Enzyme Based Shampoo or Mousse

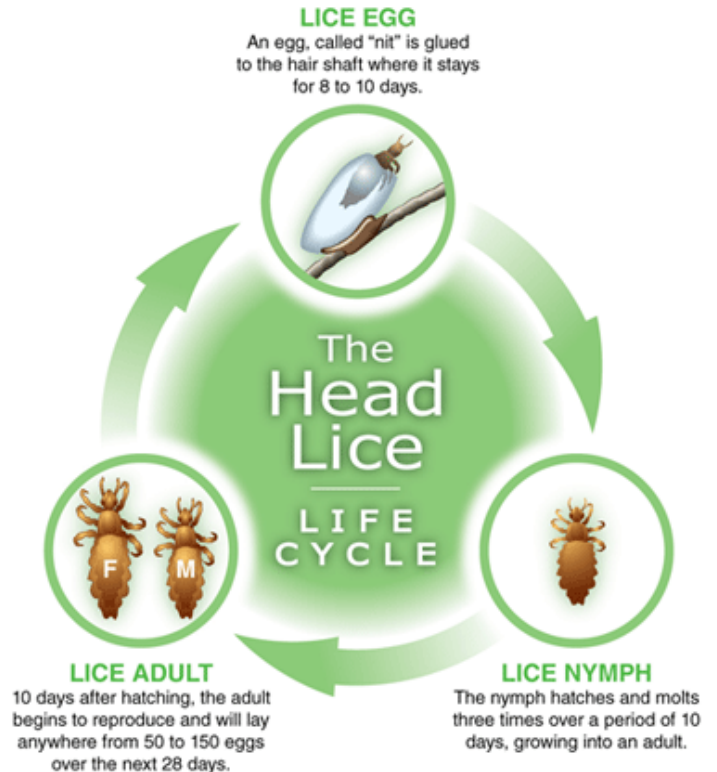
OTC products are no longer as effective in eradicating lice. The active ingredient in RID and NIX is the pesticide permethrin. The latest studies show it is only 46% effective in killing lice (and does not kill nits). Enzyme based lice products are used widely by professionals to help dissolve the super strong protein nit glue. These are available online or from Minnesota Lice Lady.

Lice Life Cycle

It takes 7-10 days for nymphs to hatch from nits. They must feed within an hour of hatching. It takes 10-12 days for nymphs to become adults. Adult females are larger than the males. It takes three weeks for lice to develop from nits to maturity and nit-laying. While living on a human host, adults have a life span of 30 days.

<http://www.nyc.gov/html/doh/html/cd/cdped.shtml>

<http://www.licemd.com/lice/lice-life-cycle.asp>



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