



Over the counter treatment options from a local store.

Treatment

- **EVERYONE** in the household should be checked and those with live ukus should be treated.
- Get **MEDICINE** that kill ukus from a local pharmacy or call your child's medical provider for a prescription.
- **FOLLOW** the directions on the medicine box, which may state to repeat in about a week to kill newly hatched ukus.
- Use a fine tooth comb to remove dead ukus and nits from your child's hair after treatment and every 2-3 days for 2-3 weeks.
- There is no scientific evidence that natural treatments are effective. However, if you would like information on natural treatments, contact your school health aide.

Uku Free House

Treatment doesn't stop with the hair

- Machine wash and dry all clothing, bed linens, and other items that the person, with live ukus, used during the 2 days before treatment, using the **HOT WATER** (130°F) laundry cycle and the **HIGH HEAT** drying cycle.
- For items that cannot be washed, keep sealed in plastic **BAG** for 2 weeks.
- Soak combs and brushes in **HOT** water (at least 130°F) for 5–10 minutes.
- **VACUUM** the floor and furniture, particularly where the person, with live ukus, sat or lay down.
- **DO NOT** use fumigant sprays; they can be toxic if inhaled or absorbed through the skin.

Head Lice References

Center for Disease Control and Prevention
(2015) &

American Academy of Pediatrics (2015)

Developed by

Department of Health,

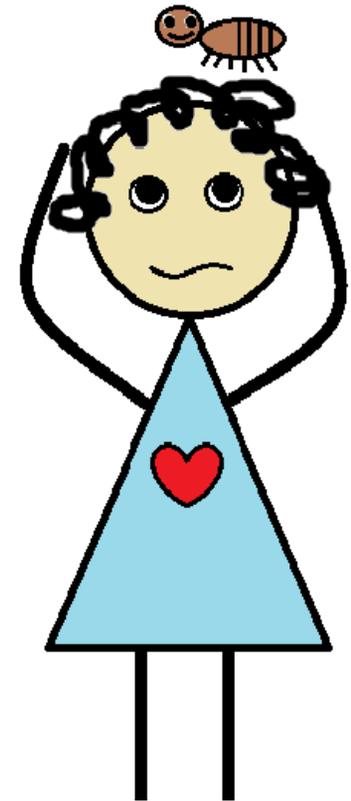
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PREVENTING AND TREATING UKUS



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What are Ukus?

- Ukus (head lice) are **TINY** wingless insects, about the size of a sesame seed.
- They live on the human scalp and feed off of human blood.
- Adults can live for about 30 days on a person's head.
- Female lice lay eggs called **NITS**, which they glue to the hair shafts until they hatch in 8-9 days.
- Without feeding on human blood, they die within 2 days.



Photo from www.CDC.gov/parasites/lice.

Facts about Ukus

- Ukus are found **WORLDWIDE**
- **ANYONE** can get ukus
- Ukus **DO NOT** transmit disease
- Ukus **DO NOT** jump or fly, they crawl
- Pets **DO NOT** spread ukus
- Swimming will **NOT** kill ukus

How Do People Get Ukus?

- Ukus are spread by **DIRECT** head-to-head contact at home, school, church, sports, camp, etc.
- **INDIRECT SHARING** of hats, combs, hair ties, and head phones rarely leads to spread
- Check with your child's **SCHOOL** regarding their head lice procedure.

How to Prevent from Getting Ukus?

- Avoid **DIRECT** head-to-head contact
- **DO NOT** share items such as hats, combs, brushes, hair ties, etc.
- **CHECK** your child's head routinely for ukus and nits

Symptoms of Ukus

- **ITCHING**, of the scalp
- **TICKLING**, feeling on the scalp or in the hair
- **IRRITABILITY**, and difficulty sleeping
- **SORES**, on the head from scratching



Checking for Ukus

Ukus are quick to hide so having the following may be helpful:

- Good lighting
 - Magnifying glass
 - Comb
1. Part your child's hair and look for anything moving along the scalp. Especially **BEHIND THE EARS** and **BACK OF THE NECK**.
 2. Look for eggs or nits attached to the hair shaft near the scalp. Nits are **NOT** easily removed which helps to differentiate from things like dandruff.
 3. If any live ukus are found, the next step is **TREATMENT**.
 4. **CALL** your medical provider if you have any concerns or if you are not sure:

- How to check for ukus
- Which treatment to use

