

HEAD LICE

Factsheet



how to diagnose

- Persistent scalp itching, especially behind the ears and at the nape of the neck.
- Diagnosis should be confirmed by finding a live louse or viable nit on the scalp or hair.
- Nits alone do not necessarily indicate active infestation.
- Misdiagnosis is common; inspect under good lighting with phone camera or magnifying glass. Crumbs and Dandruff are commonly mistaken for lice infestation.



how to treat

Active Ingredient	Brand(s)	Highlights	Price
Diatomaceous Earth	Nit Happens by Cartwheel	Non-toxic and pesticide-free. Physically damage the outer shell of lice, causing them to dehydrate and die.	\$35
Pyrethrin/Permethrin	NIX or RID Lice Treatment	First line recommendation, but no longer as effective on super lice	\$13-30
Dimethicone	Multiple Brands	Suffocates lice, then eggs must be manually removed.	\$10-20
Ivermectin	Sklice (Ivermectin 0.5% Lotion)	Now available OTC; Anti-parasitic drug	\$30-50
Essential Oils	FairyTales	Plant-based essential oils	\$9-20
Wet Combing	WelComb by MacGill	Manual removal of lice and nits; No creams/solutions	\$12-18

how to prevent

- Wash clothing, bedding, hats in hot water (130°F+) and dry on high heat.
- Seal stuffed animals in a plastic bag for 2 weeks.
- No need for pesticide sprays in the home.

follow-up

- Check for lice/nits again in a few days and re-treat if crawling lice are seen.
- Manual removal of nits (eggs) is ideal
- Schools may provide educational resources for parents on how to check for lice, what treatments are effective, and how to prevent future infestations.

in the schools

- "No-nit" policies are discouraged. Leads to unnecessary absenteeism and are not effective in preventing transmission.
- Children should not be excluded from school once lice are identified.
- Lice are not a public health hazard and do not spread disease.
- Ensure confidentiality to avoid stigmatizing children who have lice.

Learn more at:
gocartwheel.com



DO'S

Treat immediately
Check daily
Clean bedding
Notify close contacts
Repeat treatments only if needed



DON'TS

Don't use insecticides or home remedies
Don't share hats, brushes, or pillows
Don't over-treat
Don't panic or shave heads

