

# Head Lice

Head lice are tiny bugs about the size of a sesame seed. They live in the hair and bite the scalp to suck blood. They do not fly or jump, but they can move very fast. This makes it hard to find them in the hair. They infect people of all ages and races, but are less common in African American children because of the shape of the hair shaft.

Nits are the eggs of the lice. They look like yellowish white or brown dandruff. Head lice attach their eggs to shafts of hair with a waterproof “glue”. The eggs are laid close to the scalp. Look for eggs at the back of the neck and behind the ears. These eggs cannot be washed out or brushed out of the hair. They must be picked out one at a time.

## Causes

Lice can spread quickly from one person to another if the persons:

- Share hats, scarves, combs, brushes, hair clips or barrettes, hair bands, helmets or clothing
- Lie on the same bed, couch or carpet
- Play close together
- Use items stored in closets or lockers that have the lice or eggs on them

# 头虱

头虱是体型非常小的昆虫，大约一粒芝麻大小。头虱生活在头发中，叮咬头皮来吸血。头虱不会飞，也不会跳，但是移动速度非常快。因此，很难在头发中发现头虱的踪迹。任何年龄和种族的人都可能长头虱，但是非洲裔美国儿童较为少见，原因在于非洲裔美国儿童头发的毛杆很特别。

头虱会产卵。虱卵看起来像是黄白色或棕色的头屑。头虱产卵后，虱卵通过具有防水性的「胶」附着在头发的毛杆上。产卵位置靠近头皮。虱卵多在颈后和耳后的发根处。水和发梳都无法清除虱卵。必须用手一个一个捉除。

## 原因

虱的传播速度非常快，以下行为可导致虱子的传播：

- 共享帽子、围巾、发篦、发梳、发卡或发夹、束发带、头盔或衣服
- 躺在别人的床、沙发或地毯上
- 近距离玩耍
- 使用存放在厨柜内带有虱或虱卵的物品

## **Signs**

- Itching or tickling feeling that something is moving around or tickling the head.
- Red marks or sores on the scalp sometimes with drainage and crusting. These are often found behind the ears or on the back of the neck. If the skin is scratched open, the sores can get infected and must be treated by your doctor.
- Scratching the head. Sometimes it takes weeks for a child to start scratching.

## **Treatment**

Your child's doctor can suggest a medicated lice shampoo, cream or lotion. You can buy some lice products, such as Nix Crème Rinse, at your local pharmacy without a prescription. Some of the products will have a special nit comb in the package or you can buy one separately. This special comb can help find and remove eggs. It is very important to remove all of the lice eggs and to treat all family members.

## 症状

- 头皮发痒，仿佛头上有什么东西在动或搔痒
- 头皮上有红色的印记或溃疡，有时会有液体渗出和结痂。这些多见于耳后或颈后。如果抓痒将头皮抓破，破溃处可能感染，必须就医治疗。
- 因为痒而抓头皮。有时候，小孩子长头虱后数周才会开始抓头皮。

## 治疗

孩子的医生可能建议采用药物除虱洗发水、软膏或乳液。可以在药房买一些除虱用品，例如 Nix Crème Rinse（不需处方）。有些除虱用品附赠专用的除虱卵发篦，也可单买。专用发篦可用于寻找和除去虱卵。必须除去所有虱卵，家人均须采取除虱措施。

## **How to Use Nix Creme Rinse** (or store brands of permethrin)

1. Wash the hair with regular shampoo. Do not use a conditioner. It can keep the lice medicine from working. Rinse with warm water and towel dry. Do not use this towel again until it has been laundered.
2. Put white vinegar on the hair to help loosen the “glue” that holds the eggs on the hair.
3. Put enough of the Nix Creme Rinse to wet the hair and scalp completely. Be sure to wet the back of the neck and behind the ears. If the Nix Creme Rinse gets in the eyes, rinse right away with cool water.
4. Leave the Nix Creme Rinse on the hair for 10 minutes, but no longer.
5. Rinse the hair and skin around the scalp well with water. Rub with a fresh dry towel. **Do not** use a hair dryer – some lice products are flammable.
6. Comb the hair with a fine comb to find the eggs. It may help to divide the hair in sections. All eggs must be removed! It might take 2 or 3 hours or more, and you may have to pick out the eggs by hand if the comb does not work.
7. Put the eggs in a plastic bag, tie it closed and throw it away. Wash your hands well and scrub under your fingernails.
8. Dress your child in clean clothing.

If you purchase Rid or store brands of piperonyl butoxide, apply the product to dry hair. Start at Step 3 above and follow the steps to use this product instead of Nix.

## 如何使用 Nix Creme Rinse（或其它品牌的 Permethrin）

1. 用普通洗发水洗头。切勿使用护发素。护发素可能导致除虱药物无法发挥药效。用温水洗净头发，并用毛巾擦干。擦头的毛巾必须要清洗后才能重新使用。
2. 倒一些白醋在头发上，消解虱卵和头发之间的“胶”。
3. 用足量的 Nix Creme Rinse，彻底打湿头发和头皮。务必打湿颈后和耳后的头发和头皮。如果 Nix Creme Rinse 进入眼睛，要立即用冷水冲洗干净。
4. 让 Nix Creme Rinse 留在头发上 10 分钟，不要超过此时间。
5. 用水彻底洗净头发和头皮周围的皮肤。用新的干毛巾擦干。**切勿**使用吹风机 – 有些除虱产品具可燃性。
6. 用细齿篦，篦梳头发中的虱卵。可将头发分成几个部分，以便篦梳虱卵。必须除去所有虱卵！可能需要花费 2、3 个小时乃至更长时间，如果篦梳无效，可能需要用手捉除虱卵。
7. 将虱卵放在塑料袋内，扎紧后丢掉。彻底洗手和指甲内的积垢。
8. 给孩子穿上干净的衣服。

如果您买的是 Rid 或其它品牌的增效醚（piperonyl butoxide），使用时头发必须是干的。自上文第 3 步开始，依次按步骤使用，代替 Nix。

## **Special Warnings About Lice Products**

- If you or your child is allergic to ragweed, check with your doctor or pharmacist before using any brand of medicated rinse or shampoo. The active ingredient in some brands such as Rid, Pronto and A-200 could cause a serious allergic reaction.
- Do not use lice products on children younger than 2 years.
- Do not handle or use lice products if you are pregnant or breastfeeding.
- House pets do not carry human lice and should not be treated.

## **After Treatment**

- If you see live lice 10 days or more after the treatment, you can repeat the treatment one time. Check the hair and scalp of all family members every day. If you find eggs or lice, treat their hair and clothing the same way.
- **Do not** wash the hair for 2 days after the treatment.
- **Do not** use hair conditioner for 10 days.
- Pest control sprays can be harmful to children and should not be used in the home.
- Head lice can live away from the human body for only 55 hours.

## 关于除虱用品的特别警告

- 如果您或孩子对豕草过敏，在使用任何品牌的药物清洗剂或洗发水之前，请咨询医生或配药师。Rid、Pronto、A-200 等品牌产品内的活性成分可导致严重的过敏反应。
- 2 岁以下儿童不得使用除虱用品。
- 孕妇或正在哺乳者不得接触或使用除虱用品。
- 家养宠物身上不长人类虱子，不应使用除虱用品。

## 治疗以后

- 如果灭虱 10 天或更长时间后依然发现活虱，可再灭虱一次。每天检查所有家人的头发和头皮。如果发现头虱或虱卵，则用相同方法对头发和衣服作灭虱处理。
- 灭虱后 2 天内**切勿**洗头发。
- 灭虱后 10 天内**切勿**使用护发素。
- 喷雾杀虫剂对孩子可能有害，不得在家庭中使用。
- 头虱离开人体后，仅能生存 55 小时。

## **To Clear Lice from the Home**

- Wash all washable clothing (including hats, scarves, and coats) and all bed linens, towels and washcloths that have had contact with anyone with lice in the past 3 days. Machine-wash in hot, soapy water and dry. Use the hot cycle of a dryer for at least 20 minutes.
- Soak combs, brushes, hair barrettes, hair bands and sports helmets in very hot water (130°F) for 10 minutes.
- Pillows, stuffed animals, clothing and other things that cannot be washed may be dry cleaned or put in air tight plastic bags for 2 weeks.
- Vacuum all carpets and furniture. Put the vacuum cleaner's dust bag in a plastic bag, tie tightly and throw away.

## **School and Other Parents**

- Tell your child's school that your child has lice. The other children will be checked and treated if needed.
- Check with your child's school. In some school systems the child's hair must be free of all eggs before the child may go back to school.
- Tell the parents of your child's friends so they can check their children.

## 住宅除虱

- 清洗过去 3 天内曾接触长头虱者的所有可水洗衣物（包括帽子、围巾和外套）和床单、毛巾和浴巾。以热肥皂水用洗衣机洗，洗后烘干。烘干机至少高温烘干 20 分钟。
- 发篦、发梳、发夹、束发带、运动头盔用热水（摄氏 55 度[华氏 130 度]）浸泡 10 分钟。
- 枕头、填充动物玩具、衣物和其它无法水洗的物品，可干洗或在不透气的塑料袋中密封放置两周。
- 用吸尘器清扫所有地毯和家具。吸尘器的集尘袋放入塑料袋中，扎紧后丢掉。

## 学校和其它家长

- 向校方说明孩子有头虱。必要时，检查其它孩子并进行灭虱。
- 咨询学校的相关规定。有些学校规定，头发内有虱卵的孩子在清除之前不能回校上学。
- 向孩子朋友的家长说明情况，让其它家长检查自己的孩子是否有头虱。

## **Prevention**

- Teach your child to “Never share what touches the hair”. Children should not let anyone else use their comb, brush, hats, scarves, pillows, hair accessories or helmets. They should not borrow them from others either.
- Shampoo the hair 2 or 3 times a week.

**Talk to your child’s doctor or your local health department if you have any questions or concerns.**

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## 预防

- 告诉孩子“千万不要与别人共享接触头发的东西”。孩子不应该让别人用自己的发篦、发梳、帽子、围巾、枕头、头发用品或头盔。孩子也不应借用他人的此类用品。
- 每周用洗发水洗头 2、3 次。

如有任何疑问或关注事项，请告知孩子的医生或当地政府的卫生机关。

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Head Lice. Simplified Chinese