

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

頭蝨

頭蝨是體型非常小的昆蟲，大約一粒芝麻大小。頭蝨生活在頭髮中，叮咬頭皮來吸血。頭蝨不會飛，也不會跳，但是移動速度非常快。因此，很難在頭髮中發現頭蝨的蹤跡。任何年齡和種族的人都可能長頭蝨，但是非洲裔美國兒童較為少見，原因在於非洲裔美國兒童頭髮的毛桿很特別。

頭蝨會產卵。蝨卵看起來像是黃白色或棕色的頭屑。頭蝨產卵後，蝨卵透過具有防水性的「膠」附著在頭髮的毛桿上。產卵位置靠近頭皮。蝨卵多在頸後和耳後的髮根處。水和髮梳都無法清除蝨卵。必須用手一個一個捉除。

原因

蝨的傳播速度非常快，以下行為可導致蝨子的傳播：

- 共用帽子、圍巾、髮篦、髮梳、髮卡或髮夾、束髮帶、頭盔或衣服
- 躺在別人的床、沙發或地毯上
- 近距離玩耍
- 使用存放在廚櫃內帶有蝨或蝨卵的物品

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.

症狀

- 頭皮發癢，彷彿頭上有什麼東西在動或搔癢
- 頭皮上有紅色的印記或潰瘍，有時會有液體滲出和結痂。這些多見於耳後或頸後。如果抓癢將頭皮抓破，破潰處可能感染，必須就醫治療。
- 因為癢而抓頭皮。有時候，小孩子長頭蝨後數週才會開始抓頭皮。

治療

孩子的醫生可能建議採用藥物除蝨洗髮水、軟膏或乳液。可以在藥房買一些除蝨用品，例如 Nix Crème Rinse（不需處方）。有些除蝨用品附贈專用的除蝨卵髮篦，也可單買。專用髮篦可用於尋找和除去蝨卵。必須除去所有蝨卵，家人均須採取除蝨措施。

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 (或其他品牌的 permethrin)

1. 用普通洗髮水洗頭。切勿使用潤絲精。潤絲精可能導致除蝨藥物無法發揮藥效。用溫水洗淨頭髮，並用毛巾擦乾。擦頭的毛巾必須要清洗後才能重新使用。
2. 倒一些白醋在頭髮上，消解蝨卵和頭髮之間的「膠」。
3. 用足量的 Nix Creme Rinse，徹底打濕頭髮和頭皮。務必打濕頸後和耳後的頭髮和頭皮。如果 Nix Creme Rinse 進入眼睛，要立即用冷水沖洗乾淨。
4. 讓 Nix Creme Rinse 留在頭髮上 10 分鐘，不要超過此時間。
5. 用水徹底洗淨頭髮和頭皮周圍的皮膚。用新的乾毛巾擦乾。**切勿**使用吹風機 – 有些除蝨產品具可燃性。
6. 用細齒篦，篦梳頭髮中的蝨卵。可將頭髮分成幾個部分，以便篦梳蝨卵。必須除去所有蝨卵！可能需要花費 2、3 個小時乃至更長時間，如果篦梳無效，可能需要用手捉除蝨卵。
7. 將蝨卵放在塑膠袋內，紮緊後丟掉。徹底洗手和指甲內的積垢。
8. 給孩子穿上乾淨的衣服。

如果您買的是 Rid 或其他品牌的增效醚 (piperonyl butoxide)，使用時頭髮必須是乾的。自上文第 3 步開始，依次按步驟使用，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.

關於除蝨用品的特別警告

- 如果您或孩子對豕草過敏，在使用任何品牌的藥物清洗劑或洗髮精之前，請諮詢醫生或配藥師。Rid、Pronto、A-200 等品牌產品內的活性成分可導致嚴重的過敏反應。
- 2 歲以下兒童不得使用除蝨用品。
- 孕婦或正在哺乳者不得接觸或使用除蝨用品。
- 家養寵物身上不長人類蝨子，不應使用除蝨用品。

治療以後

- 如果滅蝨 10 天或更長時間後依然發現活蝨，可再滅蝨一次。每天檢查所有家人的頭髮和頭皮。如果發現頭蝨或蝨卵，則用相同方法對頭髮和衣服作滅蝨處理。
- 滅蝨後 2 天內**切勿**洗頭髮。
- 滅蝨後 10 天內**切勿**使用潤絲精。
- 噴霧殺蟲劑對孩子可能有害，不得在家庭中使用。
- 頭蝨離開人體後，僅能生存 55 小時。

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.

住宅除蝨

- 清洗過去 3 天內曾接觸長頭蝨者的所有可水洗衣物（包括帽子、圍巾和外套）和床單、毛巾和浴巾。以熱肥皂水用洗衣機洗，洗後烘乾。烘乾機至少高溫烘乾 20 分鐘。
- 髮篦、髮梳、髮夾、束髮帶、運動頭盔用熱水（攝氏 55 度[華氏 130 度]）浸泡 10 分鐘。
- 枕頭、填充動物玩具、衣物和其他無法水洗的物品，可乾洗或在不透氣的塑膠袋中密封放置兩週。
- 用吸塵器清掃所有地毯和家具。吸塵器的集塵袋放入塑膠袋中，紮緊後丟掉。

學校和其他家長

- 向校方說明孩子有頭蝨。必要時，檢查其他孩子並進行滅蝨。
- 諮詢學校的相關規定。有些學校規定，頭髮內有蝨卵的孩子在清除之前不能回校上學。
- 向孩子朋友的家長說明情況，讓其他家長檢查自己的孩子是否有頭蝨。

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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預防

- 告訴孩子「千萬不要與別人共用接觸頭髮的東西」。孩子不應該讓別人用自己的髮篦、髮梳、帽子、圍巾、枕頭、頭髮用品或頭盔。孩子也不應借用他人的此類用品。
- 每週用洗髮精洗頭 2、3 次。

如有任何疑問或關注事項，請告知孩子的醫生或當地政府的衛生機關。

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Head Lice. Traditional Chinese