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.

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

Sababaha
Injirta waxay ugu faafi kartaa si dhaqso ah qof ku qof haddii dadka:

• Wadaagaan koofiyyadaha, garbasaarada, shanlooyinka, burashyada, biraha timaha ama sharaxaada timaha, jijimaha timaha, koofiyyada difaaca ama dharka
• Isla jiifashada isla sariirta, fadhiga, ama rooga
• Si dhow u wada ciyaaro
• Istinmaalka sheeyada lagu keydiyay armaajooyinka ama sanduuyada ee leh injirta ama ukumahooda
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.

Aastaamaha

• Dareenka cuncunka ama xanteynta in wax ay ku dhagaaqayaan agagaarka ama xanteyno madaxa.
• Aastaamaha gaduudan ama xanuunka madaxa mararka qaar la dirto daadashada iyo qabooyinta. Kuwaan inta badan waxaa laga helaa gadaasha dhagaha ee gadaasha qoorta. Haddii maqaarka xoqid ku fumro, xabarahay way saameyn kartaa oo waa inuud dhaqtarkaaga daaweeyaa.
• Xoqida madaxa. Mararka qaar waxay qaadataa isbuucyo in canugaaga bilaabo xoqida.

Treatment

Your child’s doctor can suggest a medicated lice shampoo, cream or lotion. You can buy lice products 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 of your family members.

Daaweeynta

Dhaqtarka canugaaga wuxuu soo jeedin karaa shamaabada injirta la daweeyay, kareemka ama looshinka. Waxaad ka iibsan kartaa waxyaabaha injirta farmashigaaga deegaanka iyada oo aan jirin qoraalka. Qaar ka mid ah alaabaha waxay yeelanayaan shanlo gaar ah ee baakida ama waxaad iibsan kartaa hal gooni ah. Tani waa shanlo gaar ah ee kugu caawin karto helitaanka iyo ka saarida ukumaha. Aad ayay muhiim u tahay in laga saaro dhammaan ukumaha injirta iyo la daweeyo dhammaan oo yahay xubnaha qoyska.

Special Warnings about Lice Products

• If you or your child is allergic to ragweed or chrysanthemums, 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.

Digniinada Gaarka ah ee ku saabsan Daawada Injirta

• Haddii adiga ama canugaaga alaarji ku yahay miraha ubaxayda ama ubax, la hubi dhaqtarkaaga ama farmashiistaha ka hor inaad isticmaalin sumad walba ee shaambada la daweeyay ama la raaciyay. Ku darida firiircoone ee qaar ka mid ah summadaha sida Rid, Pronto, iyo A-200 waxay sababi kartaa falcelinada alaarjiga dhabta ah.
• If you are pregnant or breastfeeding, check with your doctor before using lice products.
• House pets do not carry human lice and should not be treated.

How to Use Permethrin
Brand names: Acticin, Elimite, Nix Crème Rinse, and others
For adults and children 2 months old and older:
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 in hot soapy water then dried. Use the hot cycle of your dryer for at least 20 minutes.
2. Shake the bottle of product well.
3. Protect the eyes with a towel and close eyes tightly.
4. Wet the hair and scalp completely. Be sure to wet the back of the neck and behind the ears. If the product gets in the eyes, rinse right away with cool water.
5. Leave the product on the hair for 10 minutes, but no longer.
6. 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 use chemicals that could cause the hair to set on fire.

Sida loo Iisticmaalo Permethrin
Magacyada summada: Acticin, Elimite, Nix Crème Rinse, iyo kuwa kale
Wixii dadka weyn iyo carruurta 2 bilood jir iyo ka weyn:
2. Si wanaagsan u lux dhalada daawada.
3. Uga ilaali indhaha shukumaan oo si dhuuqsan u xir indhaha.
5. Kaga tag daawadatimaha qiyaastii 10 daqiiqo, laakin kama badna.
7. 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.

8. Put the eggs in a plastic bag, tie it closed and throw it away. Wash your hands well and scrub under your fingernails.


How to Use Piperonyl Butoxide

Brand names: Rid and others

For adults and children 2 years of age and older:

- Apply the product to dry hair.
- Follow the instructions for how to use permethrin, starting with Step 2.
- When you rinse the hair with Step 6, use a shampoo and no conditioner, then towel dry.

After Treatment

- Do not wash the hair for 1 to 2 days after treatment.
- Repeat the treatment 9 to 10 days later to kill any lice before they can produce new eggs.
- Recheck for eggs or lice every 2 to 3 days for 2 to 3 weeks after treatment to be sure they are gone.

Daaweynta Kadib

- Ha dhaqin timaha ee 1 illaa 2 maalmood daaweynta kadib.
- Ku celi daaweynta 9 illaa 10 maalmood ee dambe ee lagu dilayo injir walba oo soo saari karo ukumo cusub.
- Dib u hubi ukumaha ama injirta 2 ama 3 maalmood ee walba 2 illaa 3 isbuuc daaweynta kadib si loo hubiyo inay baxeen.

Sida loo Iisticmaalo Piperonyl Butoxide

Magacyada summada: Rid iyo kuwa kale

Wixii dadka weyn iyo carruurta 2 sanno jirka iyo ka weyn:

- Mari daawada si ay tinta ugu qalasho.
- Raac tilmaamaha ee sida loo isticmaalo permethrin, adiga oo ku bilaabayo Tallaabada 2.
- Markii aad ku raacisid timaha Tallaabada 6, isticmaal shaambo iyo ha isticmaalin qalajiye, kadib shukumaan ku qalji.
• 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.
• If you have used the same treatment 2 or 3 times, and it has not worked, check with your doctor, nurse, or pharmacist.

To Clear Lice from the Home
• 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 1 to 2 days. 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 2 days before treatment.
  › 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 3 days.
• Vacuum all carpets and furniture. Put the vacuum cleaner’s dust bag in a plastic bag, tie tightly, and throw away.
• Hubi timahaaga iyo madax ee dhammaan xubnaha qoyska maalin walba. Haddii aad ku aragtid ukuma ama injir, u dawey timahooda ama dharkooda isla qabkaas.
• Haddii aad isticmaashay isla daaweynta 2 ama 3 jeer, oo maysan shaqeynin, la hubi dhaqtarkaaga, kalkaalisada, ama farmashiistaha.

Si looga Baabi’iyo Injirta Guriga
• Buunfinta xakameynta cayayaanka waxyeelo ayay u noqon karta carruurta oo waaw inaan lagu isticmaalin guriga.
• Injirta madaxa waxay ka maqnaan kartaa jirka aadanaha kaliya 1 ilaa 2 maalmood. Dhaq dhammaan dharka dhaqmi karo (oo ay ku jiraan koofiyyadaha, cimaamadaha, iyo jaakadaha) iyo dhammaan maryaha sariirta, shukumaanada, iyo dhaq dharka taabtay qof walba ee qabo injir 2 maalmaha daaweynta ka hor.
  › Dhaqida mashiinka ee kuleelka, biyaha saabuunta iyo qalaji.
  › Iisticmaal wareega kulul ee qalajiyahaaga oo ugu yaraan 20 daqiiqo.
• Biyo gali shanlooyinka, buraashyada, qurxinta timaha, jijimaha timaha iyo koofiyyadaha kale ee ciyaaraha oo biyo aad u kulul (130°F) oo 10 daqiiqo.
• Barkimaha, xayawaanada dufta, dharka, iyo waxyaabaha kale ee aan la dhaqi karin laga yaabo in mashiinta lagu qalajiyiyo ama geli bacaha hawada ku dhuuqsan 3 maalmood.
• Bus kici dhammaan roogaga iyo alaabaha guriga. Geli bacda nadiifiyaha busta, si dhuuqsan u dhuuji, oo iska tuur.
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.

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.

Dugsiga iyo Waaladiinta Kale

- U sheeg dugsiga canugaaga in canugaaga injir qabo. Carruurta waa la egay oo la daaweynayaa haddii loo baahdo.
- La hubi dugsiga canugaaga. Nidaamyada dugsiga qaarkisa, timaha canuga waa inay xor ka ahaataa dhammaan ukumaha ka hor inta canuga ku laaban dugsiga.
- U sheeg waaladiinta saaxibada canugaaga, si markaas ay u eegaan carruurtooda.

Ka hortaga

- Bar canugaaga inuusan “Marnaba wadaagin waxa timaha taabto”. Carruurta waa inaysan u ogolaan inuu qof kale ka isticmaalo shanladooda, buraashka, koofiyaadaha, cimaamadaha, barkimaha, qalabyada timaha, ama koofiyaadaha difaaaca. Waa inaysan amaahsan kuwa kale midkood.
- Shaambeey timaha 2 ama 3 jeer isbuucii.

La hadal dhaqtarka canugaaga ama waaxda caafimaadka deegaankaaga haddii aad qabtid wax su’aalo ah ama walaacyo.

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