

# 頭蝨

## 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.

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

頭蝨是一種約莫芝麻大小的小蟲子。頭蝨寄居於頭髮上，叮咬頭皮吸取血液為食。頭蝨不會飛也不會跳，但能快速移動。因此，很難在頭髮上發覺牠們。

幼蝨即是頭蝨的卵。蝨卵看起來像淡黃色、白色或褐色的頭皮屑。頭蝨以一種防水的粘著物，將其蝨卵附著在頭髮上。蝨卵產在靠近頭皮的地方。在頸背及耳後都能發現蝨卵。這些蝨卵無法被洗掉或梳掉。必須用手一次一顆將蝨卵捉除。

### 成因

下列因素，會使蝨子迅速在人際間傳播：

- 共用帽子、圍巾、髮梳、髮刷、髮夾或髮卡、髮帶、頭盔或衣物
- 躺在同一張床、沙發或地毯上
- 彼此靠近玩耍
- 使用儲存在衣櫃或儲物櫃中帶有蝨子或蝨卵的物品

## 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 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.

## 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.
- 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.

## 症狀

- 發癢或有東西在頭上移動或撩癢的感覺。
- 頭皮上出現紅斑或瘡，有時會有液體滲出和結痂。這些症狀通常可見於耳後或頸背。如果皮膚被抓破，這些瘡可能遭到感染，必須就醫治療。
- 撓抓頭皮。有時，孩子長頭蝨好幾週後，才會開始抓頭皮。

## 治療

兒科醫生會建議使用治療頭蝨的洗髮精、乳膏或乳液。您可在當地藥房購買除蝨產品，無需處方簽。某些產品附有處理蝨卵的專用髮梳，您也可以單獨購買。這種專用髮梳有助發現並去除蝨卵。務必根除所有蝨卵，並且全家所有成員均須採取除蝨措施。

## 有關除蝨產品的特別警告

- 如果您或您的孩子對豬草或菊花過敏，在諮詢醫生或藥劑師之前，勿使用任何品牌的治療用清洗劑或洗髮精。部分品牌，如 Rid、Pronto、及 A-200 的活性成分可能引起嚴重的過敏反應。
- 如果您已懷孕或正在餵母乳，**請在諮詢醫生之後，再使用除蝨產品。**
- 家養寵物不會寄生人體的蝨子，不必接受治療。

## 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.
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.
9. Dress your child in clean clothing.

## 如何使用氯菊酯

### 品牌名稱: Acticin, Elimite, Nix Crème Rinse 及其他

針對成人和兩個月及以上的兒童:

1. 使用一般洗髮精清洗頭髮。勿使用護髮素。護髮素會讓除蟲藥劑失效。用溫水清洗頭髮，再以毛巾擦乾。勿再使用這條毛巾，除非已用熱肥皂水清洗並乾燥。使用烘乾機高溫烘乾至少 20 分鐘。
2. 充分搖動裝有產品的瓶子。
3. 用毛巾保護眼睛，並緊閉眼睛。
4. 將頭髮與頭皮完全打溼。頸背及耳後必須打溼。如果除蟲產品進入眼睛，立刻用冷水清洗。
5. 讓除蟲產品停留在頭髮上 10 分鐘，不要超過此時間。
6. 用清水仔細清洗頭髮與頭皮周圍的皮膚。用新的乾毛巾擦乾。勿使用吹風機 - 部分除蟲產品含有化學物質，可能導致頭髮著火。
7. 用細梳子梳理頭髮，找出蟲卵。可將頭髮分成幾個區域，方便處理。所有蟲卵都必須清除！這可能需要花 2 或 3 小時甚至更長的時間，如果髮梳效果不佳，您可能必須用手將蟲卵捉除。
8. 將蟲卵放入塑膠袋中，綁緊後丟棄。徹底清洗雙手及指甲內的積垢。
9. 為孩子換上乾淨的衣物。

## 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.
- 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.

## 如何使用胡椒基丁氧化物

### 品牌名稱：Rid 及其他

針對成人和兩歲及以上的兒童：

- 將產品塗在乾燥的頭髮上。
- 按照氯菊酯的使用說明，從步驟 2 開始。
- 在步驟 6 清洗頭髮時，使用洗髮精，勿用護髮素，然後將頭髮用毛巾擦乾。

### 治療後

- 治療後 1 到 2 天內不要洗頭。
- 9 到 10 天後重複治療程序，在任何遺留的蟲子產下新蟲卵前將其殺死。
- 治療後每 2 至 3 天檢查是否有蟲卵或蟲子，如此持續 2 到 3 週，確保蟲卵與蟲子都已清除。
- 每天檢查全家人的頭髮與頭皮。如果發現蟲卵或蟲子，用相同方式對他們的頭髮和衣物進行除蟲處理。
- 如果已使用同樣的治療方法 2 或 3 次而不見成效，請諮詢您的醫生、護士或藥劑師。

## 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.

## 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

- 害蟲防制噴霧劑可能對兒童有害，不應於家中使用。
- 頭蝨離開人體後只能生存 1 至 2 天。清洗除蝨前 2 天 曾接觸長頭蝨者的所有可洗衣物（包括帽子、圍巾、外套）和床單、毛巾和浴巾。
  - 以熱肥皂水用洗衣機清洗後乾燥。
  - 使用烘乾機高溫烘乾至少 20 分鐘。
- 將髮梳、髮刷、髮夾、髮帶與運動頭盔浸泡在極熱（華氏 130 度）的水中 10 分鐘。
- 枕頭、絨毛玩具、衣物、和其他不能水洗的物品可用乾洗，或在氣密式塑膠袋內放置 3 天。
- 用吸塵器將所有地毯和傢俱清理乾淨。將吸塵器的集塵袋放入塑膠袋中，綁緊後丟棄。

## 學校和其他家長

- 通知學校，您的孩子有頭蝨。如有必要，其他孩子應接受檢查與治療。
- 詢問學校的相關規定。部分學校規定，孩子的頭髮必須完全沒有蝨卵後才可返回學校。
- 告訴孩子朋友的家長，讓他們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.**

## 預防

- 教導孩子，「絕不要共用頭髮用品」。孩子不應讓任何人使用他們的髮梳、髮刷、帽子、圍巾、枕頭、髮飾或頭盔。也不應向他人借用這些物品。
- 每週洗髮 2 至 3 次。

若您有任何疑問或擔憂，請諮詢孩子的醫生或區域衛生所。