



Over the counter treatment options from a local store.

Treatment

- **EVERYONE** in the household should be checked and those with live ukus should be treated.
- Get **MEDICINE** that kill ukus from a local pharmacy or call your child's medical provider for a prescription.
- **FOLLOW** the directions on the medicine box, which may state to repeat in about a week to kill newly hatched ukus.
- Use a fine tooth comb to remove dead ukus and nits from your child's hair after treatment and every 2-3 days for 2-3 weeks.

Uku Free House

Treatment doesn't stop with the hair

- Machine wash and dry all clothing, bed linens, and other items that the person, with live ukus, used during the 2 days before treatment, using the **HOT WATER** (130°F) laundry cycle and the **HIGH HEAT** drying cycle.
- For items that cannot be washed, keep sealed in plastic **BAG** for 2 weeks.
- Soak combs and brushes in **HOT** water (at least 130°F) for 5–10 minutes.
- **VACUUM** the floor and furniture, particularly where the person, with live ukus, sat or lay down.
- **DO NOT** use fumigant sprays; they can be toxic if inhaled or absorbed through the skin.

Head Lice References

Center for Disease Control and Prevention
(2015) &

American Academy of Pediatrics (2015)

Developed by

Department of Health,

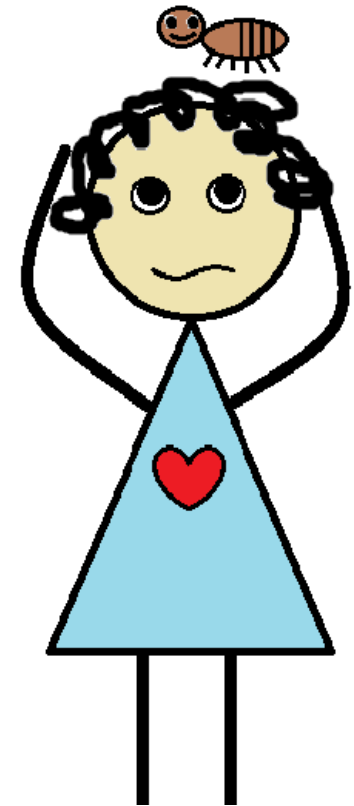
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PREVENTING AND TREATING UKUS



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What are Ukus?

- Ukus (head lice) are **TINY** wingless insects, about the size of a sesame seed.
- They live on the human scalp and feed off of human blood.
- Adults can live for about 30 days on a person's head.
- Female lice lay eggs called **NITS**, which they glue to the hair shafts until they hatch in 8-9 days.
- Without feeding on human blood, they die within 2 days.



Photo from www.CDC.gov/parasites/lice.

Facts about Ukus

- Ukus are found **WORLDWIDE**
- **ANYONE** can get ukus
- Ukus **DO NOT** transmit disease
- Ukus **DO NOT** jump or fly, they crawl
- Pets **DO NOT** spread ukus
- Swimming will **NOT** kill ukus

How Do People Get Ukus?

- Ukus are spread by **DIRECT** head-to-head contact at home, school, church, sports, camp, etc.
- **INDIRECT SHARING** of hats, combs, hair ties, and head phones rarely leads to spread
- Check with your child's **SCHOOL** regarding their head lice procedure.

How to Prevent from Getting Ukus?

- Avoid **DIRECT** head-to-head contact
- **DO NOT** share items such as hats, combs, brushes, hair ties, etc.
- **CHECK** your child's head routinely for ukus and nits

Symptoms of Ukus

- **ITCHING**, of the scalp
- **TICKLING**, feeling on the scalp or in the hair
- **IRRITABILITY**, and difficulty sleeping
- **SORES**, on the head from scratching



Checking for Ukus

Ukus are quick to hide so having the following may be helpful:

- Good lighting
 - Magnifying glass
 - Comb
1. Part your child's hair and look for anything moving along the scalp. Especially **BEHIND THE EARS** and **BACK OF THE NECK**.
 2. Look for eggs or nits attached to the hair shaft near the scalp. Nits are **NOT** easily removed which helps to differentiate from things like dandruff.
 3. If any live ukus are found, the next step is **TREATMENT**.
 4. **CALL** your medical provider if you have any concerns or if you are not sure:

- How to check for ukus
- Which treatment to use

