



## HEAD LICE FACE SHEET

### WHAT

Head lice are tiny parasitic insects that live among human hairs and they lay eggs, called nits, which stick to hair very close to the scalp. Lice look like small brown seeds that move very quickly and nits look like yellow/brown seeds residing close to the scalp. It is easier to find nits because they do not move. Head lice are not dangerous and they do not spread diseases however, their bites can cause itchiness and irritation in the scalp.

### HOW

Head lice are very common among children in preschools and elementary schools. It is spread by personal contact (e.g. head-to-head) and by sharing belongings. Girls are more likely to get head lice than boys because they tend to have more head-to-head contact with others than do boys. Head lice move from person to person by crawling. They do not fly or jump but rather crawl onto things that come into contact with human hair – hats, hairbands, hairbrushes, scarves, and towels.

### SYMPTOMS

Although the most common symptom of head lice is itchiness, it is possible to have them without any symptoms. There are many signs and symptoms of head lice and they are:

- Itchy scalp (caused by Lice bites)
- Scratching
- Sores (developed by intense scratching)
- Crawling sensation on their hair or scalp
- Finding lice eggs (nits) glued to the hair
- Swollen glands in the neck
- Red bumps on the head
- Pink eye
- Visible bugs (brown/beige/yellow “seed”-sized insects on hair, skin, or clothing)

### RISK MINIMIZATION

- Do not share personal belongings (hairbrushes, combs, hats, etc.)
- Launder hats, clothes and sheets regularly
- Avoid head-to-head contact with others

### TREATMENT

1. Combing Method – use a special fine-toothed comb (available in supermarkets and pharmacies in Macau, called “bay” in Cantonese)



- Wet the hair and apply a thin layer of conditioner to the hair
- Run the comb through the hair.
- Check the residue for evidence of lice.
- Repeat the combing over a period of days.

## 2. Medicated Treatment

- Medicated shampoo can be picked up from local pharmacies in Macau. It is very important to carefully read and follow directions as these products are meant to get rid of head lice and their nits; not for use while taking a shower or bath. Pediculicide shampoo/conditioner (Pediculicides = medicines that kill lice).
- Olive oil treatments to smother any resistant lice from Combing Method if needed, house/school cleaning, using a metal nit comb to remove dead lice and nits, and manual removal of any firmly cemented nits/lice.

### **ADDITIONAL SOURCES OF INFORMATION:**

- <https://kidshealth.org/en/parents/head-lice.html>
- <https://www.headlice.org/comb/>

### **REFERENCE:**

- <https://www.aad.org/public/diseases/contagious-skin-diseases/head-lice>
- [https://www.caringforkids.cps.ca/handouts/head\\_lice](https://www.caringforkids.cps.ca/handouts/head_lice)



## 頭蝨預防措施

頭蝨是微小的寄生昆蟲，會在人類的頭髮上寄居及產卵，蟲卵會依附在頭皮位置。頭蝨狀似芝麻，呈啡色，移動迅速甚快。而蟲卵則在靠近頭皮位置，呈黃／啡色，由於不會移動，因此較容易被發現。頭蝨不會構成疾病或傳播病菌，但被牠們咬到會感到痕癢和疼痛。在幼稚園和小學，經常會有孩子染上頭蝨。頭蝨會透過個人接觸（如：頭貼頭）或共用物品傳播。女孩子由於較男孩子更經常與朋友頭貼頭互動，因此較容易染上頭蝨。頭蝨不會跳或飛，但會透過頭髮用品，如帽子、頭紮、梳子、領巾或毛巾等，以爬行的方式傳播。

### 徵狀

一般頭蝨徵狀多為痕癢，但被傳染時有可能毫無徵兆。以下是患有頭蝨的徵狀：

- 頭皮發癢（由蝨叮咬引起的痕癢）
- 抓癢
- 瘡（抓傷皮膚引致）
- 有東西爬行在頭髮或頭皮上的感覺
- 有蟲卵黏附在頭髮上
- 頸部腺體腫大
- 頭部出現紅點
- 傳染性角膜炎
- 發現頭蝨（在頭髮、皮膚或衣服上，發現呈棕／啡／黃色，如芝麻大少的頭蝨）

### 預防

- 不與人共用物品（梳子、髮插、帽子等）
- 定期清洗衣物及床單
- 避免與人頭貼頭互動

### 治療

1. 梳理方式 – 使用一種細梳齒（在澳門的超市及藥房有售，名為篦）梳理頭髮，先弄濕頭髮，並塗抹一層薄薄的護髮素。再用篦梳理。查看梳子上是否有頭蝨，並在幾天內持續梳理。
2. 藥物治理 – 可於澳門藥房購買殺滅頭蝨的藥性洗髮水。使用前請小心閱讀使用細則，由於這是專治頭蝨的產品，因此不適宜在洗澡時使用。除了選用專治頭蝨的洗髮水和護髮素，如有需要亦可考慮以橄欖油治療法殺死頭蝨，或用金屬梳子消取頭蝨，甚至是用手消除。

### 本校的預防措施

1. 護士會協助為班上所有同學進行檢查
2. 染上頭蝨的學生，在未經護士檢查並確認痊癒前，不得回校。
3. 學生不得共用帽子、髮插以及梳子。



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