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

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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