

头虱

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

头虱是体型非常小的昆虫，大约一粒芝麻大小。头虱生活在头发中，叮咬头皮来吸血。头虱不会飞，也不会跳，但是移动速度非常快。因此，很难在头发中发现头虱的踪迹。

头虱会产卵。虱卵看起来像是淡黄色、白色或棕色的头屑。头虱产卵后，虱卵通过具有防水性的“胶”附着在头发的毛杆上。产卵位置靠近头皮。虱卵多在颈后和耳后的发根处。水和发梳都无法清除虱卵。必须用手一个一个捉除。

原因

虱的传播速度非常快，以下行为可导致虱子的传播：

- 共享帽子、围巾、发梳、发刷、发卡或发夹、束发带、头盔或衣服
- 躺在别人的床、沙发或地毯上
- 近距离玩耍
- 使用存放在厨柜内带有虱或虱卵的物品

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.

症状

- 头皮发痒，或仿佛头上有什么东西在动或搔痒。
- 头皮上有红色的印记或溃疡，有时会有液体渗出和结痂。这些多见于耳后或颈后。如果抓痒将头皮抓破，破溃处可能感染，必须就医治疗。
- 抓挠头皮。有时候，小孩子长头虱后数周才会开始抓头皮。

治疗

孩子的医生可能建议采用药物除虱洗发水、软膏或乳液。您可在当地药店购买除虱用品，无需处方。有些除虱用品附赠专用的除虱卵发梳，也可单买。专用发梳可用于寻找和除去虱卵。必须除去所有虱卵，家人均须采取除虱措施。

关于除虱用品的特别警告

- 如果您或孩子对豕草或菊花过敏，在使用任何品牌的药物清洗剂或洗发水之前，请咨询医生或配药师。Rid, Pronto, A-200等品牌产品内的活性成分可导致严重的过敏反应。
- 如果您已怀孕或在进行母乳喂养，**请在使用除虱用品前咨询医生。**
- 家养宠物身上不长人类虱子，不应使用除虱用品。

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.

氯菊酯用法

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

用于成人和2个月及以上的儿童:

1. 用普通洗发水洗头。切勿使用护发素。护发素可能导致除虱药物无法发挥药效。用温水洗净头发，并用毛巾擦干。切勿再次使用此毛巾，除非已使用热肥皂水洗净并烘干。烘干机至少高温烘干20分钟。
2. 充分摇动装有除虱用品的瓶子。
3. 用毛巾保护双眼，同时紧闭双眼。
4. 将头发和头皮完全打湿。务必打湿颈后和耳后的头发和头皮。如果除虱用品进入眼睛，要立即用冷水冲洗干净。
5. 让除虱用品留在头发上10分钟，不要超过此时间。
6. 用水彻底洗净头发和头皮周围的皮肤。用新的干毛巾擦干。切勿使用电吹风——某些除虱用品含有化学品，可能导致头发着火。
7. 用细齿梳，梳除头发中的虱卵。可将头发分成几个部分，以便梳除虱卵。必须除去所有虱卵！可能需要花费2, 3个小时乃至更长时间，如果发梳无效，可能需要用手捉除虱卵。
8. 将虱卵放在塑料袋内，扎紧后丢掉。彻底洗手和指甲内的积垢。
9. 给孩子穿上干净的衣服。

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.

增效醚用法

品牌名: Rid及其他

用于成人和2岁及以上的儿童:

- 在干头发上使用该产品。
- 遵照氯菊酯用法说明, 从第2步开始操作。
- 当你在第6步洗头发时, 使用洗发水, 但切勿使用护发素, 然后用毛巾擦干。

治疗以后

- 灭虱后1到2天内切勿洗头发。
- 9到10天后重复进行治疗, 在任何遗留的头虱重新产卵前将其杀灭。
- 灭虱后每隔2到3天重新检查是否有虱卵或头虱, 持续2到3周, 以确定完全清除。
- 每天检查所有家人的头发和头皮。如果发现头虱或虱卵, 则用相同方法对头发和衣服作灭虱处理。
- 如果您使用相同的治疗已有2到3次且未见效, 请咨询医生、护士或药剂师。

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.

住宅除虱

- 喷雾杀虫剂对孩子可能有害，不得在家庭中使用。
- 头虱离开人体后，仅能生存1到2天。清洗灭虱前2天内曾接触长头虱者的所有可水洗衣物（包括帽子、围巾和外套）和床单、毛巾和浴巾。
 - 以热肥皂水用洗衣机洗，洗后烘干。
- 烘干机至少高温烘干20分钟。
- 发梳、发刷、发夹、束发带、运动头盔用热水（华氏130度）浸泡10分钟。
- 枕头、填充动物玩具、衣物和其它无法水洗的物品，可干洗或在不透气的塑料袋中密封放置3天。
- 用吸尘器清扫所有地毯和家具。吸尘器的集尘袋放入塑料袋中，扎紧后丢掉。

学校和其他家长

- 向校方说明孩子有头虱。必要时，检查其他孩子并进行灭虱。
- 咨询学校的相关规定。有些学校规定，头发内有虱卵的孩子在清除之前不能回校上学。
- 向孩子朋友的家长说明情况，让其他家长检查自己的孩子是否有头虱。

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.

预防

- 告诉孩子“千万不要与别人共享接触头发的东西”。孩子不应该让别人用自己的发梳、发刷、帽子、围巾、枕头、发饰或头盔。孩子也不应借用他人的此类用品。
- 每周用洗发水洗头2到3次。

如有任何疑问或担忧，请咨询孩子的医生或当地卫生部门。