

# 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. They infect people of all ages and races, but are less common in African American children because of the shape of the hair shaft.

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

# Injirta Madaxa

Injirta madaxu waa cayayaan yaryar oo qiyaastii le'eg midhaha sisinta. Waxay ku nool yihiin timaha waxana ay qaniinaan maqaarka madaxa si ay u nuugaan dhiiga. Ma duulaan mana boodboodaan, laakiin si dhakhso badan ayay u dhaqaaqi karaan. Taasi waxay dhib ka dhigtaa sidii looga heli lahaa timaha. Waxay gashaa dad leh da' kasta iyo jinsi kasta, laakiin waxay ku sii yar yihiin caruurta Afrikan-Ameerikanka sababta oo ah qaabka tintooda.

Qandhicilku waa ukunta injirta. Waxay u eg yihiin toxob ah hurdi/jaalo cadaan xiga ama cawlan. Injirta madaxu waxay ukunteeda ku dhejisaa jiridda timaha iyada oo isticmaalaysa “xabag” aan biyuhu dhaqaynin. Ukunta waxay dhigtaa meel u dhow maqaarka madaxa. Ukunta ka raadi qadaadka iyo dhegaha gadaashooda. Way adag tahay in ukumaha lagu bixiyo dhaqid ama shaleysi timiha ah. Waa in markiiba hal ukun ah la soo qabto.

## Sababaha

Injirtu waxay dhakhso uga fidi kartaa oo u gaadhi kartaa qof kale haddii dadku:

- Ay wadaagaan koofiyado, garbo-saaro, shanlo/gadhfeedh, burush, biinanka timiha ama taakooyin, xariga timaha, koofiyad bir ah ama dhar
- Ay ku seexdaan isku sariir, kursi ama qadiifad
- Ay isu dhow yihiin marka ay wada ciyaarayaan
- Ay wada isticmaalaan alaabo ku kaydsan kabadh/armaajo ama qol yar, oo leh injir ama ukunteeda

## **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 some lice products, such as Nix Crème Rinse, 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 family members.

## **Calaamadaha**

- Cuncun ama dareen jidhidhico oo ah in wax dhex socdaan ama taataabanayaan madaxa.
- Nabaro ama calaamado laga helo maqaarka madaxa oo marmarka qaarkood leh dheecaan iyo qolof. Kuwaa badanaa waxa laga helaa dhegaha gadaashooda ama qoorta xaggeeda dambe. Haddii maqaarka la xoqo oo nabar furan sameysmo, nabaradu way caabuqi/fashfashi karaan waana in uu daweeyo dhakhtarkaagu.
- Madax xoqistu. Marmarka qaarkood waxay qaadan kartaa dhawr todobaad inta ilmuhu ka bilaabay xoqista.

## **Daweynta**

Dhakhtarka ilmahaaga ayaa kaagala talin kara shaambada injirta, kiriim/kareemo, ama mariso daawo leh. Waxa aad farmasiga xaafaddaada ka iibsan kartaa alaabta injirta lagu daweeyo sida Nix Crème Rinse adiga oo aan haysan warqad dhakhtar. Qaar ka mid ah alaabooyinkaasi waxay leeyihiin shanlo/gadhfeedh, gaar u ah qandhicilka ,oo ku jirta baakada, ama si gooni ah ayaad mid u iibsan kartaa. Waxa aad muhiim u ah in la saaro dhamaan ukunta injirta iyo in la daweeyo dhamaan xubnaha qoyska.

## **How to Use Nix Creme Rinse** (or store brands of permethrin)

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.
2. Put white vinegar on the hair to help loosen the “glue” that holds the eggs on the hair.
3. Put enough of the Nix Creme Rinse to wet the hair and scalp completely. Be sure to wet the back of the neck and behind the ears. If the Nix Creme Rinse gets in the eyes, rinse right away with cool water.
4. Leave the Nix Creme Rinse on the hair for 10 minutes, but no longer.
5. 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 are flammable.
6. 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.
7. Put the eggs in a plastic bag, tie it closed and throw it away. Wash your hands well and scrub under your fingernails.
8. Dress your child in clean clothing.

If you purchase Rid or store brands of piperonyl butoxide, apply the product to dry hair. Start at Step 3 above and follow the steps to use this product instead of Nix.

**Sida Loo Isticmaalo Nix Creme Rinse** (ama noocyada kale ee dukaanada yaala ee ah “permethrin”)

1. Timaha ku dhaq shaambo caadi ah. Ha isticmaalin timo hagaajiye (conditioner). Waxay dawada injirta ka horjoogsan kartaa inay shaqeyso. Ku raaci biyo diiran oo ku qalaji tuwaal/shukumaan. Markale ha isticmaalin tuwaalkaas/shukumaankaas ilaa laga dhaqayo.
2. Khal cad mari timaha si ay caawinaad uga geysato dibcinta “xabagta” injirta ee ukunta ku dhajinaysa timaha.
3. Mari kiriimka/kareemaha Nix Creme Rinse adiga oo marinaya in ku filan inay si buuxda u qoyso timaha iyo maqaarka madaxa. Hubso inaad qoysid qoorta xaggeeda dambe iyo dhegaha gadaashooda. Haddii Nix Creme Rinse ay gasho indhaha, isla markiiba ku dhaq biyo qabow .
4. Kiriimka/kareemaha Nix Creme Rinse u daa timaha 10 daqiiqadood, laakiin ha ku dheerayn.
5. Si fiican biyo u raaci timaha iyo maqaarka ku wareegsan dhakada. Ku xoq tuwaal/shukmaan qalalan oo aan la isticmaalin. **Ha isticmaalin** qalabka timaha qalajiya – qaar ka mid ah dawooyinka injirta ayaa ololi kara.
6. Timaha ku shanlee/feedh shanlo ama gadhfeedh ilko yaryar si loo soo qabto ukunta. Waxa laga yaabaa inay caawiso in timaha loo qaybiyo qaybo. Waa in dhamaan ukunta la saaro! Waxa laga yaabaa inay qaadato 2 ama 3 saacadood ama ka badan, iyo in loo baahdo inaad ukunta ku soo saartid gacanta haddii shanladu/gadhfeedhu aanay shaqanaynin.
7. Ukunta ku rid bac balaastig ah, markaas xir oo tuur. Si fiican u dhaq gacmahaaga oo xoq cidiyahaaga hoostooda.
8. Ilmahaaga u gali dhar nadiif ah.

Haddii aad soo iibsatid dawada Rid ama noocyo kale oo ah piperonyl butoxide, mari alaabadaas timo qalalan. Ka bilow Talaabada 3-aad oo raac talaabooyinka si aad u isticmaashid alaabtan bedelka Nix.

## **Special Warnings About Lice Products**

- If you or your child is allergic to ragweed, 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.
- Do not use lice products on children younger than 2 years.
- Do not handle or use lice products if you are pregnant or breastfeeding.
- House pets do not carry human lice and should not be treated.

## **After Treatment**

- If you see live lice 10 days or more after the treatment, you can repeat the treatment one time. 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.
- **Do not** wash the hair for 2 days after the treatment.
- **Do not** use hair conditioner for 10 days.
- 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 55 hours.

## **Digniin Gaar ah oo ku Saabsan Alaabooyinka Injirta**

- Haddii ilmahaagu uu diidmo/xasaasiyad u leeyahay geedka “ragweed”, la hadal dhakhtarkaaga ama farmasiilaha ka hor inta aadan isticmaalin nooc dawo dhiqis ama shaambo ah. Walaxda firfircoon ee ku jirta noocyada qaarkood sida Rid, Pronto iyo A-200 waxay keeni kartaa xasaasiyad/diidmo culus.
- Ha u isticmaalin alaabooyinka injirta caruurta da’doodu ka yar tahay 2 sannadood.
- Ha isticmaalin ama ha taaban alaabta injirta haddii aad uur leedahay ama naas-nuujinaysid.
- Xayawaanka gurigu ma ku gasho injirtu bini’aadanka, mana aha in laga daweeyo.

## **Daweynta Ka Dib**

- Haddii aad aragtid injir nool 10 maalmood ama ka badan daweynta ka dib, waxa aad daweynta ku celin kartaa hal mar. Hubi timaha iyo maqaarka madaxa ee dhamaan xubnaha qoyska maalin kasta. Haddii aad aragtid ukun ama injir, isku si u dawee timahooda iyo dharkooda.
- **Ha dhiqin** timaha 2 maalmood ka dib daweynta.
- **Ha isticmaalin** timo hagaajiye (conditioner) mudo ah 10 maalmood.
- Buufinta sunta dulinka waxay waxyeelayn kartaa caruurta waana inaan lagu isticmaalin guriga.
- Injirta madaxu waxay jidhka bini’aadanka dibadiisa ku noolaan kartaa 55 saacadood oo kaliya.

## **To Clear Lice from the Home**

- 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 past 3 days. 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 2 weeks.
- 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.

## **Si Injirta Looga Saaro Guriga**

- Dhaq dhamaan dharka la dhaqi karo (oo ay ku jiraan koofiyadaha, garbo-saaraha/shalmadaha, iyo koodhadhka) iyo dhamaan gogosha sariirta, tuwaalada/shukumaanada iyo maryaha dhiqista ee uu taabtay qof qabay injir 3-dii maalmood ee lasoo dhaafay. Ku dhaq mishiin ay ku jiraan biyo kulul iyo saabuun ka dibna qalaji. Isticmaal wareegga kulul ee qalajiyaha ugu yaraan 20 daqiiqadood.
- Shanlooyinka/gadhfeedhaha, burushyada, biinanka, xariga timaha iyo koofiyadaha adag ee isboortiga ku qoy biyo si aad ah u kulul (55°C [130°F]) mudo ah 10 daqiiqadood.
- Barkimooyinka, caruusadaha ah xayawaanka dufta leh, dharka iyo waxyaabaha kale ee aan la dhiqi karin waxa lagu qalajin karaa habka qalajinta aan biyaha lahayn (dry cleaning) ama waxa lagu ridi karaa bac aan hawadu galaynin mudo ah 2 todobaad.
- Faakiyuumka mari dhamaan qadiifadaha iyo alaabta guriga. Ku rid qashinka faakiyuumka bac balaastig ah, si adag u xidh oo tuur.

## **Dugsiga iyo Waalidka Kale**

- U sheeg dugsiga ilmahaaga in ilmahaagu leeyahay injir. Ilmaha kale ayaa la eegi doonaa lana daweyn doonaa haddii loo baahdo.
- La hadal dugsiga ilmahaaga. Dugsiyada qaarkood waa in timaha ilmuhu aanay lahayn wax ukun injir ah, ka hor inta aan ilmaha dib loogu oggalaan dugsiga.
- U sheeg waalidka saaxiibada ilmahaaga si ay iyaguna u hubiyaan ilmahooda.

## **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.**

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## **Ka-hortagga**

- Bar ilmahaaga in “Aanuu marna wadaagin wax taabtay timaha”. Caruurta waa inaanay oggalaan in qof kale la isticmaalo shanlo/gadhfeedh, burush, garbo-saar/shalmad, barkin, alaabta timaha ama koofiyadaha adag. Waa inaanay iyaguna qof kale alaabtaas oo kale ka so amaahan/daynsanin.
- Shaambo ku dhaq timaha 2 ilaa 3 jeer todobaad kasta.

**La hadal dhakhtarka ilmahaaga ama qaybta caafimaadka ee degmadaada haddii aad qabtid wax su'aalo ama walaac ah.**

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Head Lice. Somali