

Pubic Lice

What Are Pubic Lice?

- They are small, pin-head sized grey or brownish-red insects that live in the hair around the genitals.
- They can travel to other parts of the body.
- Lice lay small, shiny tan-coloured eggs (nits) on the hair shaft.

How Do I Get Pubic Lice?

- From sexual skin to skin contact.
- By sharing clothes, towels, soap, bedding, or sleeping bags.
- Pubic lice can live off the body 24-48 hours.

How Do I Know If I Have Pubic Lice?

- You may have itchiness and redness around your genitals.
 - Itching is often worse at night.
- Scratching can spread lice to other body hair and can cause the area to become red and scaly.

How Do I Treat Pubic Lice?

On Your Body

- Shampoo with Kwellada® or Nix® shampoo (available from the drugstore without a prescription).
- Pregnant women and young children should **not** use these shampoos.
- Ordinary soap or shampoo does not kill lice.
- After shampooing, remove all eggs with a fine toothed comb.
- Shampoo again in 7 days.

In Your Home

- Wash all bedding, towels, and clothes in hot soapy water.
- Dry laundry in hot dryer.

Other Methods:

- Put laundry in a plastic bag for 30 days and then wash.
- Dry clean items that cannot be washed.
- Vacuum mattresses.

How Can I Prevent The Spread Of Pubic Lice?

- Put on clean clothing after shampooing.
- Do not share bedding, towels or clothing.
- Watch for signs of infection and get early treatment.
- Ask your partner about his/her sexual history .
- Tell your sexual partner(s) or other people in your home if you have an infection.
- Get education, guidance and support.

For More Information Call:

Sexual and Reproductive Health **944-7115**

Family Planning Clinics

- **Downtown** **323-7th Ave SE** **944-7111**
- **South** **31 Sunpark Plaza SE** **943-9510**
- **Sunridge** **406, 2675-36 Street NE** **944-7666**

STD Clinic **404, 906-8th Ave SW** **944-7575**