

SUGGESTIONS FOR TREATMENT OF HEAD LICE

1. **Treat the hair.**

- For a new case of lice, check everyone in the house. Only those with live lice need treatment; treat all at the same time.
- Shampoo hair with FDA approved lice shampoo that you can buy at the drug store. Follow the product directions exactly, unless your health care provider has instructed you differently.
- Shampoo head over the sink, not in the tub or shower.
- Do not use a cream rinse or combination shampoo/conditioner before using lice treatment products.
- Do not re-wash hair for 1-2 days after treatment.
- Read product directions about when to retreat.

2. **Remove all nits.**

- While the hair is wet, separate hair into sections. Pull off as many nits as possible, using the comb that came with the shampoo or with a fine too metal lice comb purchased separately. Nit removal products may help loosen nits; these are optional and are available at your pharmacy. After combing, remove remaining nits with fingernails, or use scissors to snip individual hair strands that have nits attached. When finished, wash your hands and nails.
- When hair is dry, recheck for nits and remove as described above.
- Check and comb hair every 2-3 days to be sure that all nits and lice are gone.
- Continue to check for 2-3 weeks and periodically thereafter for lice and nits.

3. **Treat the house.**

- Vacuum the places where the infested person usually sits or rests their head. The risk of getting a new case of lice from a louse that has fallen onto a carpet or sofa is small.
- Remember the car. Vacuum the inside, seats, and headrests.
- Discard the vacuum bag in the garbage outside.
- Wash clothing in hot water, and dry using the hot air cycle. Lice are killed when exposed to temperatures greater than 128 degrees F.
- Items that cannot be washed can be dry cleaned or sealed in plastic bags for 2 weeks.
- Fumigation and/or use of sprays are not recommended, are not effective, and can cause health problems.

4. **Reminders:**

- Lice killing products are not recommended for children under the age of 2.
- Do not use lice killing products more than 2 times in three months unless directed to do so by a healthcare provider.
- Best prevention of lice is to check your child on an ongoing, regular basis.

