

Stay Lice Free!

Clean your home using normal methods such as vacuuming floors and furniture. Throw away vacuum bag when finished because lice can live in a vacuum bag up to 48 hours.

Soak combs and brushes in hot soapy water.

Machine wash clothes, sheets, towels, blankets, etc. in hot water and dry at least 20 minutes on hot cycle in dryer.

Store items like stuffed animals and pillows in plastic bags for 2 weeks (or dry clean).

Returning to School

After your child has been treated he or she should return to school.

No student should miss more than one school day for head lice management.

Parent Guide

How to Treat & Keep Lice

Out Of Hair

Anyone can get head lice. Lice spread by head to head contact. They don't jump or fly, but they are fast crawlers. They will die within 48 hours without contact with the scalp. It takes the lice about a week to hatch from the eggs (nits).

- Please teach children not to share personal items such as: Hair decorations, clips, headbands, hats, helmets, Clothing, towels, pillows and blankets.
- Store coats, hats, backpacks separately.
- It is helpful to have children with long hair pull hair back into braids or braided ponytails. Store hair care items separately from each other.
- Discourage children from lying down or placing their heads on the carpet.
- Vacuum regularly.
- Pets **do not** carry human head lice.

REQUIRED STEPS

Identify It!

Itchy scalp is a common symptom. Check the entire head of everyone in the household for lice or nits. Nits are small white to brown oval-shaped eggs that are glued to the hair. Nits often resemble dandruff but cannot be removed from the hair shaft easily.

Treat It!

Treat **only** those household members found to have lice or nits.

Treat with a lice treatment product. These products do not kill all the lice or nits.

It is very important that you follow the label directions on the product EXACTLY. Treating more frequently is not helpful and can be dangerous. Don't panic or retreat if you see live lice after treatment. After treatment do not apply any type of hair conditioner, hair spray, mousse or hair gel for one week.

For children less than 2 years old, remove lice and nits by hand. If this does not work, ask your child's health care provider for treatment recommendations. ***Lice medications have not been tested in children 2 years of age and under.***

If you choose not to use an over-the-counter treatment product you **must** remove any lice and nits you find **every** day for 21 days.

Remove It!

Most Important

Combing with a lice comb or removing all lice and nits with fingernails is the most important step!

A Scotch-Brite™ type material also can help remove nits.

How to use Scotch-Brite™ material:

Cut green scouring pad into 1 inch strips. Make the strips long enough so each strip (when folded over) can be handled comfortably.

Separate all the hair into small portions.

Take a small amount of hair starting as close to the scalp as possible. Wrap and pull the folded Scotch-Brite™ type pad full length of the hair.

Keep sections of hair that have had the nits removed separated from hair that still has nits until all nits are removed.

Continue to check and comb daily for 21 days until you are sure all lice and nits are gone.

Repeat It!

Most products recommend a second treatment 7-10 days after the first.

After the second treatment, if you continue to have lice or new nits, contact your health care provider for treatment directions.