Guidelines for Treating Head Lice

Treating the Hair:

* Identify household members who have lice and treat all members on the same day. Only those with live lice or nits need to be treated with lice shampoo.
* If your child has allergies, check the allergy warnings on the package.
* Read the package directions carefully. Some products call for shampoo to be applied to wet hair and some call for it to be applied to dry hair.
* Wash hair in sink, not in shower or bathtub. This will keep exposure to the lice treatment primarily on the hair.
* Follow the directions and timing exactly as outlined.
* Place towel around shoulders before removing nits/live lice.
* Remove the nits from the hair while hair is damp using a lice comb.
1. Section the hair into 1 inch sections.
2. Comb through each section with a fine toothed lice comb.
3. Use fingernails to remove nits not removed by combing.
4. Use a paper towel or tissue to wipe the comb after combing through each section of hair.
* Rinse hair thoroughly after all sections have been combed through.
* Put on clean clothes after washing your hair with lice shampoo.
* Lice comb should be thrown away after use.

Cleaning Your Home Environment:

* All household combs and brushes should be placed in boiling water for 10 minutes.
* Wash in hot water and then dry in the clothes dryer on high heat any items that have been used in the last 2 weeks, including clothes, coats, bedding, towels, pillows and sleeping bags.
* If items cannot be washed, dry them in the dryer on high heat for 20 -30 minutes.
* Clothing that cannot be washed can be placed in a plastic garbage bag and closed up for 10-14 days.
* Place all toys that cannot be washed, i.e. stuffed animals, headphones, helmets, etc, in a plastic garbage bag and close shut for 10-14 days.
* Vacuum carpets, rugs, mattresses, furniture, car seats, headrests.
* Discard vacuum bag immediately when done.

Day 7:

Retreat Hair. Follow all of the treating, cleaning, laundering and vacuuming steps as listed above.

Days 2-14:

* Wash hair daily with regular shampoo.
* Blow hair dry, look for, and comb out nits daily.
* **Do not use lice shampoo daily**
* If live lice are found, retreat and follow all steps listed.

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