

So Your Child Has Head Lice...Now What Do You Do???

WHAT YOU SHOULD KNOW:

Head Lice are small bugs that crawl around on a person's head and bite. They do not fly or jump. The bite results in the "itch". Seven to nine days after an egg is laid (attached to a hair) an immature louse hatches from the egg. A female adult louse can lay 250-300 eggs by the time she is 21-35 days old. So, treatment of head lice includes killing the adult lice, and getting rid of all eggs so that none hatch and lay more eggs.

Items you will need to eliminate Head Lice:

- **Head Lice Shampoo or Head Lice Creme Rinse**
- **"Regular" Shampoo**
- **Laundry Soap**
- **Large Plastic Bags**
- **Washing Machine and Dryer (at home or a Laundromat)**
- **Vacuum Cleaner**
- **Hair Clips (not needed for really short hair)**
- **You don't need insecticide sprays for your house or furniture.**
- **Vacuuming is more effective than sprays.**

Check for Head Lice on each member of the family. Contact friends that your child may have exposed to the head lice. Notify your child's school, baby-sitter, sports team, church, scout troop, or other places your child may have been recently. It is important that your child does not get re-exposed to lice from someone else.

Use the attached check list to eliminate head lice from your family.

STEPS TO ELIMINATE HEAD LICE

Check each item when done	TASKS TO BE DONE	EXPLANATION OF TASKS
	1. Wash child's hair with detergent shampoo, one without conditioner or oils. It must be water based like Prell.	1. Conditioners in some shampoos may make the lice treatment less effective.
	2. Towel dry the hair until it is very dry.	2. The lice treatment will be too diluted and not be effective if the hair is not dry enough.
	3. Treat hair in sink. Have the child cover their eyes.	3. Remember you are using a chemical.
	4. Apply the lice treatment by sectioning the hair, pinning it up, and then pour the lice treatment on the scalp roots and an inch or two of each hair shaft. Proceed across scalp until the entire scalp is covered. Go over the head again to saturate all remaining hair. It may take more than one bottle. When the scalp is covered, cover the head with a shower cap. Set the timer for the time stated on the instructions. You can use rubber gloves while applying the treatment. Avoid inhaling.	4. Lice will not die on a head unless the lice shampoo/rinse makes direct contact.
	5. Turn the timer on according to package directions: A. Inspect your fingernails and your child's. B. Examin all household memebers. C. Call parents of children your child has been around (day care, recent overnight guests and school). Ask parents to check for lice and nits. D. Prepare to launder all contaminated items the child has been in contact with: sheets, bedding, clothes, etc. E. Remake the beds. F. Rinse out lice treatment when time is up.	5. A. A louse or nit can easily lodge in a fingernail. B. C. This is not mandatory but it is the nice thing to do. If you are using NIX do not shampoo or use conditioner as it will reduce the effect of the treatment.
	6. Towel dry hair with a clean towel. Comb hair out over the sink until dry.	6. You will need to wipe the comb clean several times. You will notice lice falling out and some nits will come out.
	7. Begin to remove the nits. Section hair in quarters, pin the hair and go over small sections at a time. A good nit comb will help but you will probably end up using your fingers.	7. This may tak 2 - 3 hours (or longer). Give yourself and your child brief rests, but KEEP AT IT. NIT REMOVAL IS THE MOST IMPORTANT STEP. DO NOT PUT OFF THIS STEP.
	8. Wash child's clothes. Any clothes which have come into contact with the child over the past two weeks need to be washed. Don't forget to wash coats and jackets after you treat your child. Wash	8. Eggs or lice may be on clothes, jackets, hats, etc. It is important to be sure these items are cleaned so the lice do not return to your child after treatment. Do not

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	bedding too (sheets, blankets, pillows, etc.). Use the hottest wash cycle possible and a hot drying cycle. Dry hot for at least 20 minutes.	pack the washer or dryer too tightly, good circulation of hot air is needed to kill any lice or nits.
	9. Wash combs, brushes, barrettes, “scrunchies”, head bands, etc. Soaking these items in soapy water with lice treatment for 30 minutes is an effective way to disinfect them. You may also boil them for 30 minutes.	9. Again, you must be sure that any item that touches your child’s hair is treated or cleaned thoroughly to prevent another round of head lice. The microwave is NOT an effective way to kill lice or nits.
	10. Wash all stuffed animals that a child may have had near their head. Items that can’t be washed can be dried in a clothes dryer set at the hottest setting for 20 minutes or put in a plastic bag and frozen for 48 hours, or put in a sealed airtight bag and stored for 2 weeks.	10. Lice won’t live on the stuffed animals, but could crawl on or off of them, or a piece of hair with an egg could be on the stuffed animal and the egg may hatch later and crawl on the child’s hair.
	11. Vacuum thoroughly to remove lice or fallen hair (with eggs attached) from furniture, rugs, and car seats. Don’t forget your car, especially if you car pool.	11. Spraying or bombing the furniture with insecticide is not effective and costs money.
	12. Make a commitment to check your child’s hair every day for 2 weeks. If the school sent your child home make sure he/she stops by the school office before returning to the classroom so someone there can check your child’s hair and OK your child for returning to class.	12. You will probably find a few more eggs that you missed earlier. Remember, each egg missed can hatch and lay more eggs in 3 - 5 weeks.
	REPEAT STEPS 1 - 7 IN SEVEN TO TEN DAYS.	Any nits missed will hatch within this time.