



## How To Control Headlice



1. Shampoo the child's hair (and other infested family members) with an appropriate shampoo or cream rinse which is labeled for controlling lice. Some examples of lice shampoos or rinses include: A - 200 Pyrinate, Kwell, Nix, Rid, and R & C. These and other products are available at your local drug store, or they may be prescribed by a doctor. **Be sure to follow the instructions on the label!!! Do not use remedies or products that are not labeled for controlling lice as these may not work, and they may even be harmful.**
2. **Be sure to shampoo all affected family members at the same time!** Any family member with nits (eggs) in the hair or with an itchy scalp should be treated.
3. After shampooing, family members should change into clean clothes. Wash all dirty clothing, linens and towels in a hot or warm wash cycle. Non-washable items may be dry-cleaned, or they may be vacuumed and sealed in plastic bags for two weeks.
4. Soak combs, brushes, hair picks, etc. in hot (almost boiling) water for at least 15 minutes.
5. Vacuum chairs, couches and other furniture where the children sit, sleep or play in order to pick-up any loose nits or lice. You do not need to apply household pesticides.
6. **Be sure to shampoo everyone once again 7 to 10 days later!!!** The timing is very important. And, remember to wash dirty clothes, vacuum furniture and treat combs and brushes on the same day.
7. To better your chances for a successful treatment, take the time to remove nits from your child's hair, preferably by using nit combs which are available at local drugstores. Nit removal is important as some of the eggs will survive the shampoo treatments.

### How To Avoid Getting Headlice

1. Do not share hats, combs, brushes, scarfs or coats.
2. Hang your coats separately. Do not hang or pile them on top of each other.
3. Try not to sit and play real close together. Chairs and desks should be spaced apart.

## 9 WAYS TO STAY "AHEAD" OF LICE

Don't panic! Anyone can get headlice. It has nothing to do with cleanliness, nor does it reflect on you as a parent. To eliminate the problem, follow these instructions:

Watch for signs of headlice, such as frequent head scratching. Examine your child's head to be sure you know what the nits (lice eggs) look like.

Check all family members for lice and nits at least once a month. It helps to use natural light and a magnifying glass. Treat any family member who does show evidence of lice.

Use an effective headlice treatment (pediculicide). Buy a lice product at your drug store, the pharmacy section of your foodstore or your family physician.

Follow the package directions carefully. Use the product over the sink (not in the tub or shower). Keep the eyes covered with a washcloth.

Remove all nits remaining on the hair after shampooing. No pediculicide product kills all the nits with one treatment, so multiple applications may be required.

Wash bed linens and clothing in hot water and dry on the hot cycle in a dryer for at least 20 minutes. (Items that cannot be washed should be enclosed in a plastic bag for 2 weeks. Combs and brushes may be soaked in hot, soapy water for 10 minutes.

Vacuuming is the safest and best way to control lice on mattresses, rugs, furniture and stuffed animals. Do a thorough job and discard the vacuum bag promptly. Pediculicide sprays can be purchased for these items as well.

Continue to check heads every day for 2-3 weeks to make sure headlice are gone. Regular checking is the best prevention.

When you find a case of lice, tell others. Call your child's school, daycare and friends and extended family members. This could assist in keeping your child from becoming reinfested.

Headlice survive only on humans and do not affect family pets.