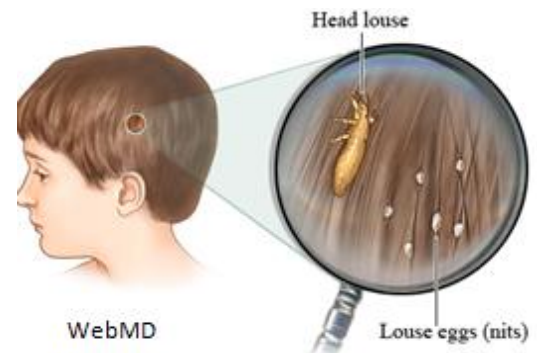




## Basic Head Lice Treatment

### Keep in mind:

- Getting Head Lice is not related how clean/dirty a person or their home is.
- Head Lice move by crawling- they cannot jump or fly.
- Head Lice do not carry disease.
- If you spot any lice, even 1, you need to treat it.
- Getting rid of Head Lice can take time, but it is possible!



### Treating the Hair:

- Treat all household members with lice/nits (lice eggs) at the same time.
- Gather all supplies you will need
  - Lice Treatment product (either over the counter or prescribed by doctor.)
  - Towel- to cover child's face when washing
  - Tissues or paper towels- to wipe comb on to remove nits and lice
  - Bowl of hot soapy water- to rinse off the lice comb between sections
  - Nit comb- for removing lice and nits
  - Hair clips or large bobby pins- to section the hair during combing
  - Clean clothing- to change into after treatment.
  - Something to entertain child during combing.
- Protect the child's eyes with a towel
- Apply Lice Treatment to unwashed hair. Follow the package directions.  
Note: Some prescribed treatments do not require nit combing.

**Be sure to note and follow how long the medication should be left on the hair and how it should be washed out.**

Using the Nit Comb can take **1-3 HOURS** in order to get out all nits and lice from the hair.

- Lift a small section of hair (about 1 to 2 inches wide).
- Comb through this section starting at the roots.
- Firmly pull the comb ALL the way through the hair.
- Clean Lice Comb Frequently** —Wipe eggs and nits from the teeth of the comb with a tissue or paper towel and then rinse comb in the hot soapy water before moving to the next section.
- Clip the combed section of hair out of the way before moving on to next 1-2 inch section.
- Repeat this process until the entire head has been combed through.



## Other tips:

- Follow the package direction for re-treatment and contact your doctor if lice are still present after two treatments.
- Don't use a hair dryer after treatment because lice could get blown into the air.
- Don't swim or wash hair 1-2 days after treatment.
- By checking the hair and combing with a nit comb every 2-3 days after treatment, for 2-3 weeks, you can lower your chance of lice coming back.
- Only use lice treatment products approved by FDA.
- Don't use more than one lice medication at a time.

## Treating the Environment:

Head lice do not live long if they fall off a person. Focus cleaning on areas where lice could have fallen from the hair in the past 2 days, such as bedding, clothes, towels, hats, furniture, car seats, stuffed animals, hair barrettes/clips/ties etc.

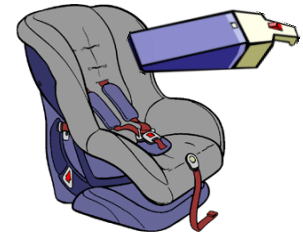


- Remove bedding- including sheets, pillow cases, blankets etc from the bed
- Collect clothing that may have been worn by anyone who may have lice to wash.
- Wash bedding and clothing in hot water (130°F) and then dry on the highest heat setting.
- Items that can't be washed in the washer can be dry-cleaned OR be placed in a sealed plastic bag for 2 weeks.



- Soak combs, brushes, hair barrettes/clips/ties in hot water (130°F) for 5-10 minutes.

- Vacuum the floor and furniture, where the person with lice sat or lay.
- If a child is still using a car seat or booster seat, vacuum or wash the seat pad.
- Do not use sprays or hire a pest control company; they can be toxic if inhaled or absorbed through the skin.



Resources:

National Association of School Nurses: <https://www.nasn.org/lice-lessons>

CDC: <https://www.cdc.gov/parasites/lice/head/index.html>

Washington County Public Health: <http://www.co.washington.ny.us/292/Public-Health-Nursing>



Washington County, NY Public Health Department



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