

## **HEAD LICE WHAT SHOULD YOU DO?**

If you suspect your child has lice but are having difficulty seeing or identifying them, take your child to the pediatrician or school nurse to confirm.

When the school nurse calls you to say your child has head lice or if you find them while examining your child, follow the steps below;

**Don't panic. Take a deep breath. It is a nuisance, not life threatening. You can deal with this!!**

Check List;

- \_\_\_ Contact the child's school if they have not contacted you.
- \_\_\_ Contact the parents of your child's close friends and playmates.
- \_\_\_ Check all family member carefully, (even adults can get head lice).
- \_\_\_ Contact your health care provider for advice regarding treatment.
- \_\_\_ Treat only those family members with lice. **Do not** treat those who do not have lice. Repeat treatment 7 days after 1<sup>st</sup> treatment. **Do not treat any sooner.**
- \_\_\_ Remove all nits by combing \* see instructions for combing on hand out
- \_\_\_ Launder every thing that can be laundered that has been in contact with your child. Wash things in hot water and dry at least 30 minutes on hot cycle in dryer. Lice and nits may live through machine washing but the dryer heat will kill them
- \_\_\_ Vacuum everywhere, carpet/rugs, floors, furniture, car seats, and any other item or area that has been in contact the head.
- \_\_\_ Soak combs and brushes in hot water (130 °F) for 15 minutes or in bleach water (1/4 cup bleach to 1 quart of water) for one hour.
- \_\_\_ Store items like stuffed animals and pillow that can't be laundered in plastic bags for for **two weeks** or dry clean.
- \_\_\_ Again, only treat your child or family if they actually have head lice. The lice killing shampoo is a **very powerful** chemical.

## COMBING INSTRUCTIONS

**Combing is essential to remove the lice not killed by lice products and the nits which lice shampoo does not kill. You must take the time to comb out nits as completely as possible. Do not skip this important step!**

\_\_\_ Combing should be done in a well-lighted area. You will need a fine –toothed Nit Comb designed for nit removal.

\_\_\_ Give your child a hand held activity or let them watch TV or a movie to keep them occupied while you comb.

\_\_\_ Remove tangles with a regular comb. Remember to clean comb properly after use.

\_\_\_ Separate the hair into small sections so you can more easily see lice and nits.

\_\_\_ Comb the hair one section at a time with the **lice comb**.

\_\_\_ Insert the lice comb as close to the scalp as possible and gently pull the comb through the hair several times to remove all nits and lice.

\_\_\_ After each combing rinse comb in soapy water wipe comb clean with tissue before you use it on hair again.

\_\_\_ Repeat process several time to remove all nits and lice.

\_\_\_ Each day for the next two weeks take time to section dry hair and check for nits.

\_\_\_ Pick out nit as needed.