

# How do I keep head lice from coming back?



1. Use an approved lice treatment and follow the directions carefully. Not using an approved lice treatment and following the directions is the biggest reason why it doesn't work. If you are unsure what lice product to use, call your licensed healthcare provider.
2. You must remove **all nits** by using a special lice comb and/or manually removing using your fingers. If you use your fingers, wash your hands and under fingernails immediately after.
3. Most of the time a second treatment is necessary and/or recommended on the lice treatment product, anywhere from **7 to 10 days** after the first treatment. If you don't kill and remove all the nits they will hatch and your child will have lice again.
4. Launder clothing, coats, hats, backpacks, bedding, anything the child has worn in the last week immediately before lice treatment of your child so any live lice living there can't crawl onto lice-free, just treated heads. **YOU MUST USE HOT WATER** to kill the lice. Once washed, dry clothing, coats, hats, backpacks, bedding and anything else on **HIGH HEAT** in the dryer.
5. Dry cleaning kills lice and their nits in clothing that can't be washed.
6. If it cannot be washed, seal clothing, stuffed toys, pillows, or other small soft items, for **two weeks** in a tightly closed dark plastic garbage bag to kill lice and nits.
7. Vacuum or sweep carpets, furniture, curtains, and mattresses, anything that the child's head and shoulders have come into contact with. Don't forget to vacuum the car and car seats as well.
8. Soak combs, brushes, and other washable hair items for one hour in the lice treatment/shampoos, or in a pan of 130-degree hot water.
9. Check your child's hair nightly for two weeks after treatment and then weekly as a preventative measure.
10. Teach your family about how lice is spread and treated. Teach your children not to share combs, brushes, hats, helmets, and other personal items with other children.