

Hello,

I hope this information will help you through this process and put your mind at ease.

Please keep in mind the following:

1. Do not panic. Staying calm will make the process easier for everyone.
2. Remind your child (and yourself) that no one did anything wrong. Head lice are common in young children and are no indication of poor hygiene or neglect. Head lice ARE an indication that your child has friends as they are transmitted through direct head-to-head contact.
3. Remind your child that they should not touch their head to anyone else's.
4. EVERYONE in the household should be checked (parents too!). ONLY those who are found to have live crawling lice should be treated. Everyone should be treated on the same day.
5. If you would like to have us check other members of your household or demonstrate to you how to check and what to look for we are happy to do this. Please contact us for assistance.
6. Notify close contacts and those who have been around the individual with head lice as this will help decrease the spread and decrease the chance of re-infestation. Be a friend, tell a friend.
7. Please review the following resources for more details on treatment/cleaning measures.
 - [Once a Week, Take a Peak](#)
 - [Pictures of Lice & Nits](#)
 - [Head Lice Removal How-To Video](#)
 - The above link will take you to a video that demonstrates a combing method for lice identification or removal. No special product is necessary. A small amount of whatever conditioner you have at home will work. (Please note we are not endorsing the product/company. This is solely to demonstrate the technique.) You may start the video at the 2 minute mark when she starts combing.
 - Lice removal services are available in the area. They can be pricey but some offer a 30 day guarantee. They often use "natural products" which are not regulated by the FDA or supported by research - however their value lies in the thorough combing and removal of all lice and nits and the expertise of knowing what they are looking for.
8. Extreme cleaning measures are not helpful - remember, head lice infest *people*, **not** places or things. It is reasonable to wash family bed linens, clothes, hats, towels that have coming into

contact with the person with head lice in the last 24-48 hours in very hot water (130°) and a thoroughly vacuum furniture and carpets.

Please let us know if we can be of any further assistance!

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