

How to check for head lice:

We recommend regularly checking your child's scalp for lice and nits (lice eggs) to catch an infestation early. Here's how to check:

1. Seat your child in a well-lit room.
2. Part the hair and check the scalp section by section.
3. Look for crawling lice (which can be difficult to spot) or for nits, which appear as small white or yellow-brown specks attached to the hair near the scalp. These nits stick when you try to blow on them or move them with your finger whereas dandruff easily moves.
4. The best places to check are at the back of the neck and behind the ears.

Treatment Options

If you do find lice or nits, there are several effective treatment options. Please consult with your child's healthcare provider before beginning any treatment.

1. **Heat-based Treatment (clinic based treatment option):**

This treatment is FDA-approved and involves dehydrating the lice and their eggs, followed by a comb-out to remove debris. The final step involves using a nontoxic oil to suffocate the lice. This one-time treatment costs about \$160, but is a one-time two hour treatment that is 99.2% effective. For more information, contact [Lice Clinics of America](#) in Murray at 801-675-4239.

2. **Dimethicone-based Treatments (can be done successfully at home):**

Dimethicone is an over the counter silicone-based compound that works by suffocating and immobilizing lice. Unlike traditional insecticides, dimethicone is a physical treatment that is safer for children and less likely to cause resistance. These treatments are applied to dry hair, left on for a specified time, and then combed out with a fine-tooth comb.

3. **Chemical-based Treatments (can be done at home):**

Permethrin-based treatments are also effective in killing lice and their eggs. However, it's important to follow the instructions carefully to ensure safety and effectiveness. Overuse of chemical treatments can lead to treatment resistant lice, so please only treat with chemicals if you are certain that lice or nits are present on the scalp.

Other resources:

[No-Panic Guide to Head Lice Treatment](#) - Johns Hopkins Medicine

[Head Lice: What Parents Need to Know](#) - Healthychildren.org from the American Academy of Pediatrics