

DON'T LET HEAD LICE BUG YOU!



1

Any child can get head lice.

It doesn't matter how clean your hair or home may be.

It doesn't matter where children and families live, work, or play.

2

Treat it right away.

The most effective way to treat lice is with head lice medicine.

Head lice medicine should only be used when it is certain that your child has head lice.

Always follow the directions EXACTLY as written.

(Never split doses between family members.)

3

Follow up care.

Comb hair with a nit comb every day for two weeks to remove nits.

If you do not remove the nits, they will hatch and the infestation will start again.

Common places to find lice are close to the scalp, the neckline, and behind the ears. Part the hair into small sections and comb each section from roots to tips.

If you continue to see lice, check with your child's doctor for additional treatment options.

4

Get rid of the lice in your home.

Wash clothing, bedding of the affected child in hot water and dry on the hottest cycle.

Soak combs, brushes, and hair clips in boiling water for 10 min.

Vacuum carpets and furniture where the affected child may have sat or laid down.

Seal unwashable items in a plastic bag for two weeks.

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~Tips and Tricks~

- Chances for success increase when you follow treatment instructions EXACTLY.
- Use a bright light when looking for lice and nits.
- Consider a magnifying glass or “reader glasses” to help you see.
- Consider allowing child to use a toy or other treat, so they can sit still while you shampoo or comb.
- Use hair clips to separate parts of hair to better see lice and nits that stay close to scalp.
- Lice and nits must stay close to scalp, so treatment shampoos only need to be spread as far as a ponytail