

## **Head Lice Instructions**

### ***When Head Lice are Confirmed on a Family Member***

1. Check every household member for lice and nits.
2. Notify parents of children your child has had contact with.
3. If the infested person is a student, their school should be notified.

### ***Who Should be Treated?***

1. Treat only those persons with confirmed head lice or nits with a lice-killing shampoo.
2. It is generally not recommended to do a preventive treatment of contacts of an infested person. One possible exception may be bedmates of an infested person.
3. Following any treatment, nits must be removed manually.
4. Persons treated for head lice or nits should be checked for lice and nits every one to two days for at least two weeks, even if a second application of the treatment is planned.

### ***Precautions***

- **Do not** treat the infested person with the same lice-killing shampoo more than once every seven days.
- **Do not** treat an infested person more than three times with the same lice-killing shampoo.
- **Do not** use more than the recommended amount of lice-killing shampoo.
- Only use one lice-killing shampoo at a time.
- **Do not** mix lice-killing shampoos in a single treatment.
- **Do not** treat children under two years old with lice-killing shampoo. For children under two years old, remove lice and nits manually.
- **Do not** rewash hair for one to two days after treatment.
- The infested person should remove all clothing prior to being treated and put on clean clothing after the treatment.
- Before using the lice-killing shampoo, **do not** use a shampoo that contains a conditioner or a creme rinse because it makes the lice-killing shampoo less effective.
- The itching associated with head lice may not develop until that person has been infested with head lice for several weeks.

### ***Instructions for Lice-Killing Shampoo Treatments***

- A. Nix (contains permethin).
  1. Wash hair with shampoo that does not contain either a conditioner or a creme rinse.
  2. Towel dry hair. Place towel into wash due to contamination.
  3. Thoroughly wet hair with lice-killing shampoo, focusing on the back of the hair by the neck and behind the ears. Research has shown that treatment is more effective if lice-killing shampoo is used close to the scalp.
  4. Leave lice-killing shampoo on for 10 minutes.
  5. Rinse thoroughly with water.
  6. Do not rewash hair with any shampoo for one to two days.
  7. Remove all nits (see instructions).
- B. Rid, also Pronto, A-200, Clear (contains pyrethrin).
  1. Shake well prior to use.
  2. Apply Rid to **dry** hair until thoroughly wet, especially the back of the hair by the neck and behind the ears.
  3. Leave shampoo on for 10 minutes.

4. Add water and work hair into foam lather. Work foam lather into all areas of the hair.
5. Rinse hair thoroughly.
6. A second treatment following the same instructions **must** be done in 7 to 10 days to kill any new lice.
7. Remove all nits (see instructions).

### ***Manual Removal of Head Lice and Nits***

1. Work under good light such as the natural sunlight by sitting near a window or going outdoors. A strong lamp can also be used. If eyesight is a problem, a magnifying glass can be used.
2. Use a comb or hair brush to remove tangles. Make sure combs and brushes are cleaned before being used again. Combs and brushes should be cleaned by soaking in water hotter than 130° F, Lysol®, rubbing alcohol or a lice-killing shampoo for one hour.
3. Before attempting to remove the nits, hair can be soaked in a white vinegar solution. You may also soak a towel in vinegar, then wrap the head with it for 30 to 60 minutes.
4. Divide the hair into sections and pin back the hair that is not currently being checked or combed.
5. Comb through a one-half inch section of hair and look for attached nits (lice eggs). Nits are generally laid close to the head, but can be found anywhere on the hair shaft.
6. Using a nit removal comb, go through a section of hair starting at the scalp and proceeding to the end of the hair shaft. Dip the comb into a cup of water or use a paper towel to remove any lice, nits or debris from the comb between passings. (If debris builds up, use an old toothbrush to clean the comb and discard the toothbrush after use.)
7. If the lice comb does not remove the nits, use your fingernail or safety scissors to snit off the individual hair strands with attached nits.
8. Go to the next section of hair until all sections have been completed.
9. After the combing and nit removal has been completed, search the head for live lice. A second person to assist in the search will be helpful since head lice crawl quickly. Head lice can be caught using tweezers, your fingernails or can be stuck with doublesided tape.
10. **Even under the best of conditions, a few nits may be missed. Check the infested person every one to two days for at least two weeks until all signs of the infestation are gone. Finding a nit or two the next day does not necessarily mean reinfestation. Being consistent and diligent about manual lice removal IS A MUST.**
11. If additional nits are discovered, live lice may still be on the head. Another thorough manual search should be done.

### ***Cleaning the Home Environment***

1. Floors, rugs, pillows, upholstered furniture and the car must be thoroughly vacuumed. There is no need to discard the vacuum bag after cleaning, except for aesthetic purposes.
2. Clothing, linen and cloth toys worn or handled by the infested individual during the two days before diagnosis must be washed in water hotter than 130° F, or machined dried at the hottest setting for a least 20 minutes.
3. Other articles must be dry-cleaned or sealed in plastic bags for at least 10 days to kill nits.
4. Combs and brushes used on infested persons must be immersed in water hotter than 130° F, Lysol®, rubbing alcohol or a lice-killing shampoo for one hour.
5. It is **not** necessary to hire an exterminator to treat the home.
6. **Spraying or fogging homes with insecticides or lice-killing shampoos is not recommended, and may be harmful if used in a poorly ventilated area.**