

# What to do if your child comes home with head lice:

Don't panic. Anyone – adult or youngster – can get head lice. *It has nothing to do with cleanliness and does not reflect poorly on you as a parent.* The problem is easily managed. Just follow the instructions below:

## 1. Check every member of the family.

Look for tiny white eggs (nits) on hair shafts, near the scalp, especially at the nape of the

neck and behind the ears. Head lice are small grayish-tan insects without wings. Any family member with lice or nits must be treated.



## 2. Use an effective head lice treatment.

Several are available without a prescription. The creme rinse requires just one application and protects against reinfestation for up to two weeks. Shampoo

treatments require a second application 7-10 days after the first, are less effective and offer no extended protection. Ask your pharmacist for more information.

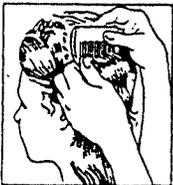


## 3. Remove all nits.

- Combing can be tedious and can take hours
- Divide hair into sections

- Hold hair sections at ends
- Start as close to the scalp as possible
- Comb hair repeatedly until all nits are gone
- Pin back clean sections as you go

- Dispose of all tissues and the nit comb



## 4. Wash clothes, bed linens, and towels.

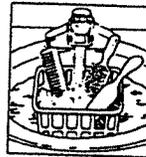
Use hot water and dry on hot cycle for at least 20 minutes. Items not machine washable must be dry

cleaned or stored at room temperature in a tightly sealed plastic bag for at least two weeks. Items such as headphones and helmets should be similarly bagged and stored.



## 5. Soak combs, brushes, etc. in hot water.

The hotter the better, but at least 130°F. Items should be allowed to soak for at least 10 minutes.



## 6. Vacuum everywhere.

To make sure the rest of your home is louse free, you should vacuum carpets, pillows, mattresses, upholstered furniture, and even the car seats. Dispose of vacuum bag.

