

## Education for Lice Removal

### **How to remove Nits:**

1. Work under a good light (sunlight, a strong lamp or a magnifying light)
2. Divide and fasten the hair in sections, working each section separately.
3. Look through each section of hair for nits, starting at the scalp and working outward.
4. Remove the nits by pulling down the length of the hair with your fingernails. Put the nits in a trash bag and throw them away.
5. A metal lice comb may help.
6. It takes time to remove nits-it may take several hours.

### **How to Clean the Home:**

1. Wash all bedding, towels and recently worn clothing in hot water and dry in a hot dryer for 20 minutes
2. Non-washable items (such as stuffed animals or wool coats) can be dry-cleaned or sealed in a plastic bag for 2 weeks.
3. If unable to wash clothes or bag items for 2 weeks, they can be put in the dryer for 20 minutes on high heat.
4. Vacuum the upholstered furniture, rugs and car seats.
5. Soak combs and brushes in hot (not boiling) water for 10 minutes.
6. You do not need to have a pest control company spray your home.

**Do not use Lice Sprays: Vacuuming very thoroughly is sufficient enough**

### **Follow Up Steps:**

1. Check everyone's hair daily for at least 7-10 days.

### **Reminders:**

Lice are passed by direct personal contact  
Do not over-treat the hair: follow the directions on the product exactly  
Only treat the hair of persons who have head lice or nits  
Home remedies like mayonnaise, olive oil, and petroleum jelly are not recommended.

### **Do Not Use Kerosene or Gasoline**

Do not shave the head  
Itching may continue for a week or two

After treatment because the lice killing products dry the scalp  
Check for lice often during the school year  
Your child will not be allowed to return to school unless all nits are combed out  
And no bugs are found on the head

### **Keep a Sense of Humor When Dealing With head lice.**

### **Remember**

Lice do not cause disease, but it will take time and work to get rid of them.

**For additional information contact  
Your local Health Dept.  
or School Nurse. (272-7405)**

2. After 7-10 days if there are still nits or lice, use the lice-killing hair product again.
3. If more lice or nits are found, you will have to remove the nits and clean the home again in addition to treating the hair again.

4. **Call your doctor about head lice treatment:**

If you are pregnant or breastfeeding.

If the skin or the scalp is broken or infected.

If there are lice in the eyebrows or eyelashes.

If the head lice continue after two treatments with the lice killing hair product.

For children under 2 years old.