

## HOW CAN I GET RID OF MY CHILD'S LICE?

### Nit Combing and Removal

If your child has head lice, a good way to get rid of the lice is to comb their hair everyday with a nit comb for two weeks.

Nit combs should have long teeth. Several brands of nit combs are available at your local pharmacy.

The best way to remove eggs is to part the hair in small sections. As each section is combed, fasten the hair to the scalp to keep track of what has been combed. It is easier to comb wet hair.



Any eggs that cannot be combed out, must be removed. You can do this by picking them out with fingernails or cutting a single hair between the scalp and where the eggs are attached.

## TREATMENT

Permethrin (NIX)® or pyrethrins are the active ingredients in most over the counter head lice treatments.



Benzyl Alcohol Lotions (5%) can be prescribed to kill lice on children 6 months of age and older.

Ivermectin (0.5%) treatments such as Sklice® can be prescribed to kill eggs and lice in children 6 months of age and older.

### IMPORTANT TREATMENT INFORMATION

- Follow the directions on the label carefully.
- Treat ONLY people who have head lice.
- DO NOT leave the product on for a longer time than recommended; it will not kill the lice faster.



- Each person with head lice needs a complete treatment. DO NOT split a single box of shampoo or rinse between people.
- Even after treatment, you should remove the eggs DAILY with the nit comb until all eggs are completely removed.
- Wait at least 7 days before treating someone for a second time if they still have lice. Continue to remove any eggs or lice that are found.

### WHAT IF THE TREATMENT DID NOT WORK?

Here are a few reasons the treatment might not have worked.

- The directions on the treatment product were not followed closely enough.
- The nits were not completely removed.
- The child got head lice again from a playmate.
- Lice may not die right away.
- The child did not have lice.

## WHAT OTHER THINGS CAN I DO TO GET RID OF LICE OR NITS FROM MY HOME?

- The most important thing you can do is to spend your time removing the nits from your child's hair.
- Wash clothing and bedding in hot water (130°), then dry on a hot cycle for at least 20 minutes.
- Seal items that cannot be washed in a plastic bag for two weeks to kill the live lice.
- Boil combs, hair bands and barrettes in water for five minutes or soak them in rubbing alcohol or Lysol for one hour.
- Vacuum carpets and furniture.

## THERE IS NO PROOF THAT THESE PRODUCTS WORK

- Vinegar, Mayonnaise, Olive or Tea Tree Oil.
- Products that say they dissolve the glue on the nits to make their removal easier.



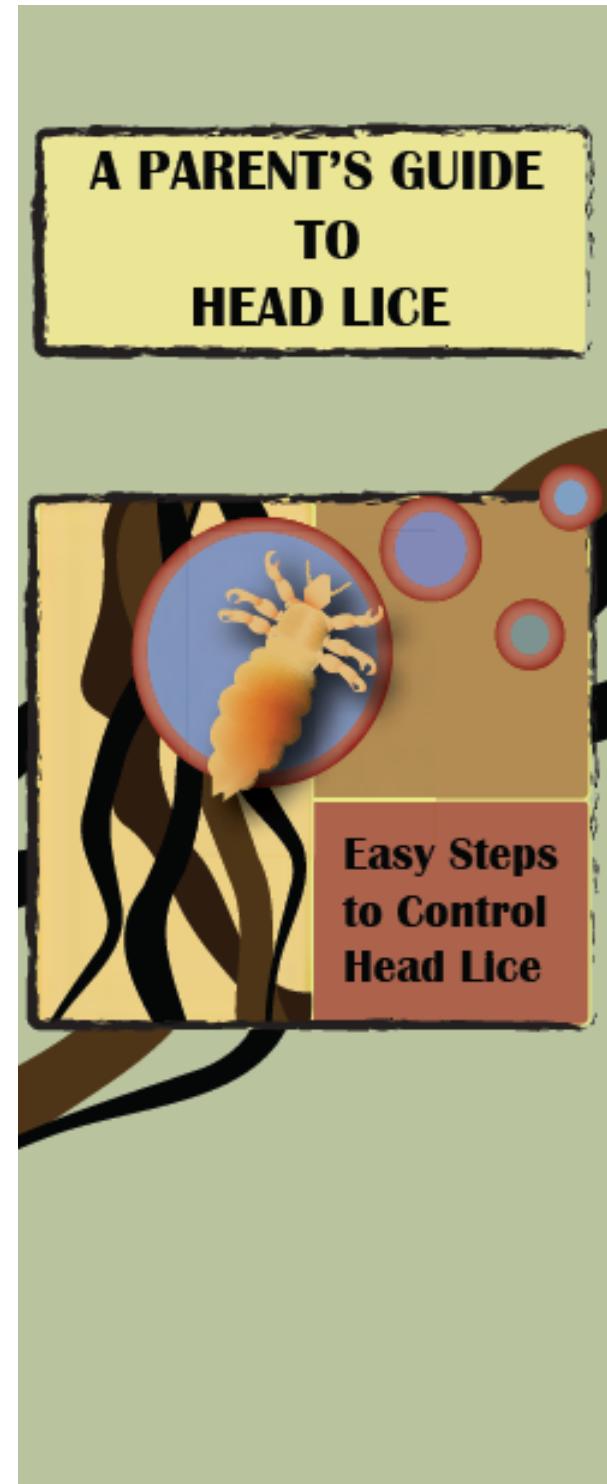
**IF YOU HAVE QUESTIONS  
CONTACT YOUR  
SCHOOL NURSE OR  
HEALTH CARE PROVIDER**



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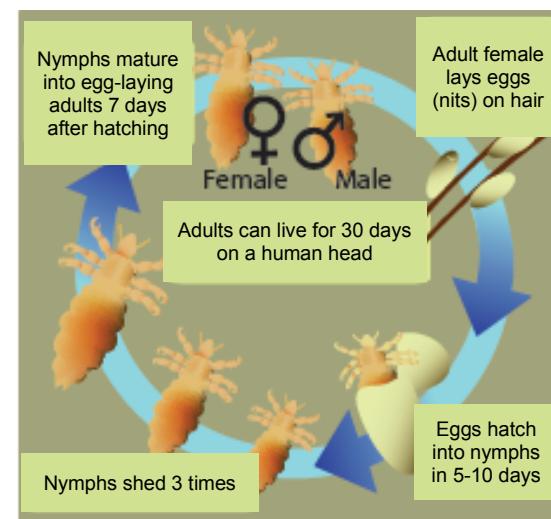
## **WHAT ARE HEAD LICE?**

Head lice are small insects that live in people's hair and feed on their blood. Lice glue their eggs, or "nits" to the hair.

Head lice die quickly (within two days) without feeding so they cannot live very long away from your child's head.

Eggs take six to nine days to hatch, and seven or more days for the lice to become egg-laying adults.

## **DEVELOPMENT OF HEAD LICE**



## **HOW DO PEOPLE GET HEAD LICE?**

Children can get head lice from head to head contact and when they share combs, hats, clothing, barrettes, helmets, scarves, headphones, or other personal items.

Head lice are a problem in homes, child care, preschools and elementary schools. Children are much more likely to get lice from family members and playmates than from classmates at school.

## **HOW DO I KNOW MY CHILD HAS LICE?**

The only way to know if your child has head lice is to look through their hair. If your child has lice their scalp might be itchy.

**Don't confuse dirt and dandruff with eggs (nits).  
Eggs stick on the hair.**

Check all family members' hair completely. Common places to find head lice are close to the scalp, the neckline, and behind the ear.