

# HEAD LICE TREATMENT CHECKLIST

(Please read all of this information prior to beginning the checklist.)

## Hair Treatment

When using an over-the-counter or prescription medication, follow these treatment steps:

- 1. Apply lice medication according to label instructions. If your child has extra long hair, you may need to use a second bottle. **WARNING:** Do not use a crème rinse or combination shampoo/conditioner before using lice medication. Do not re-wash hair for 1-2 days after treatment.
- 2. Remove all bugs and eggs (nits) from hair after lice treatment is done. Using a nit comb with long metal teeth, such as “The Lice Meister” works best. However, you can choose to pull them out with your fingers, or by using tweezers. This should be done by dividing the hair into small sections and combing one section at a time. Pin clean sections of hair out of the way. Since the nits are hard to see, it is important to have a bright light and possibly a magnifying glass to help you inspect the hair.
- 3. Have the infested person put on clean clothing after the treatment.
- 4. Comb through the hair with a nit comb daily for the next week.
- 5. After 7 days, no sooner, if any live bugs are seen, repeat lice treatment (only one more time).

## Alternative Hair Treatments

Some lice treatment medications are toxic and not recommended for use in some situations. Any product containing Lindane is discouraged and should not be used on children under 2 years of age, by pregnant women, or nursing mothers. Optional, non-pharmacological treatments include the use of olive, baby, vegetable, or corn oil or natural enzyme products such as *Lice R Gone*, *Lice B Gone*, and *Not Nice To Lice*. When using oil, saturate the hair so much that it is literally dripping. Place a plastic cap or towel on the head and leave the oil on the hair for at least 8 hours. Comb through the hair with a nit comb to remove all bugs and eggs (nits). Wash the hair, and comb through the hair once more. When using a natural enzyme product, follow the manufacturer’s directions. Regardless of treatment method, follow all of the directions on this checklist.

## Cleaning Your Surroundings

Follow these steps to avoid re-infestation of head lice. Begin immediately after treating hair.

- 1. Soak combs, brushes, barrettes, hair ornaments, etc. for 20-30 minutes in hot (130° F) water.
- 2. Machine wash all washable clothing and bed linens that the infested person used 2 days before treatment. Use the hot water (130° F) cycle. Dry laundry using high heat for at least 30 minutes. Make sure to include the following:
  - clothing, hats, coats, scarves, and mittens;
  - towels and washcloths;
  - bed sheets, pillow cases, and blankets; and
  - pony tail holders and headbands.
- 3. Dry clean clothing that is not washable OR
- 4. Store clothing, stuffed animals, comforters, etc., that cannot be washed or dry cleaned, in a tightly sealed plastic bag for 2 weeks. After the 2 week period, open the bag outdoors and shake out the items vigorously.
- 5. Vacuum all carpeted areas, upholstered furniture, mattress, and stuffed animals. Discard vacuum cleaner bag after vacuuming, or set vacuum in a room separate from living quarters.
- 6. Repeat vacuuming every day for at least one week.
- 7. Wipe down counter tops and mop floors.
- 8. Clean and vacuum motor vehicles.
- 9. Inform school, parents and others that have been in contact with the infested person.
- 10. Incorporate a head check every three days as part of normal grooming activity with your child.

## Images to assist with the identification of head lice and their eggs.

