



Head Lice Treatment

Steps in Head Lice Elimination:

1. Remove ALL lice and nits (eggs) from the hair, using your fingers or a fine tooth comb, pulling the egg off the end of the hair. Sit behind your child, and use a bright light (and magnification if needed), to inspect and comb through the hair, one small section at a time.

***Although shampoos and rinses kill the lice, nits are firmly attached to the hair and are not dislodged. In addition, studies show that some nits survive the treatment and hatch causing re-infestation. If even a few nits remain, the cycle starts again. Nit removal takes a great deal of time.*

2. Use an effective lice treatment product. Carefully follow the instructions on the label.
(Your physician may recommend or prescribe one.)

***Do not apply any insecticide or other chemical not specifically labeled for treating head lice on people. Other products such as essential oils, food oil, salts, enzymes, mayonnaise, etc., have not been studied sufficiently to determine their effectiveness.*

3. All household members and other close contacts should be checked.

***The CDC recommends that all infested persons (household members and close contacts) and their bedmates should be treated at the same time. — Contact a physician before treating persons under the age of 2 years.*

4. Remove the lice from your home. All linen, clothing, carpeting, upholstery, brushes, etc., must be cleaned to eliminate the infestation.
 - Disinfect personal articles by washing them in hot water and drying them using hot heat in the dryer or by dry cleaning articles.
 - Stuffed animals and other non-washable items should be sealed in a plastic bag for 10 days.
 - Combs, brushes and other hair items should be soaked in hot water, a 2% Lysol solution, or in the Lice product for at least 10 minutes.
 - Vacuum carpeting and upholstery thoroughly, including the car. Empty the vacuum after each cleaning.
5. Retreat your child in 7 to 10 days, if indicated on your lice product instructions.
6. Continue to check your child's head daily for up to 2 weeks for evidence of treatment failure.