CONTROL OF HEAD LICE

1 CHECK HAIR
   • Check hair regularly for nits (lice eggs) or live lice.
   • Check hair if you see head scratching.
   • Check other household or family members if one person has lice.
   • Check hair closely behind ears and around the back of neck.
   • Check hair closely for nits. Nits that have not hatched are close to the scalp (1/4).
     - nits are very small (1/16") and can be seen easily in sunlight.
     - nits are light brown or grayish-tan and are attached to the hair

2 SHAMPOO OR TREAT hair
   • Shampoo hair with “lice” shampoo only. Follow directions closely. Check with physician
     about repeated treatment.
   • Shampoo hair a second time (usually 7-10 days later) if recommended. This is important.

3 VACUUM house
   • Vacuum rugs. Vacuum furniture. Vacuum mattresses.
   • Vacuuming is important because lice shampoo may not kill nits (eggs).
   • Borrow a vacuum cleaner if you don’t own one.
   • Vacuum anything in the house that can be vacuumed.

4 MACHINE WASH AND DRY all clothes and bedding
   • Machine wash and dry all clothing, hats and jackets worn in last week.
   • Machine wash and dry all sheets, blankets and pillows.
   • Wash all combs and brushes in hot water (140º).
   • Dry cleaning kills nits and eggs.
   • Stuffed animals and items that cannot be washed or dry cleaned should be put in a plastic bag
     and closed for 30 days.

5 COMB out all nits (lice eggs)
   • Comb out all nits with a lice comb, with fingernails or scrape hair shaft with tweezers.
   • Comb … Comb … Comb. This will take time. Discard combed-out nits in trash or down drain.

SOME FACTS TO REMEMBER

1. Lice can live on anyone’s hair no matter how clean they are.
2. Head lice are insects that live on the scalp and lay eggs (nits) on hair shaft. They bite the scalp and cause itching.
3. Lice are spread by hats, combs, hair ribbons, head bands and clothes. Don’t share!
4. Lice do not live on dogs and cats.
5. Lice do not jump or fly. They move/run around and may “fall” out of hair.
6. All household members who have lice must be treated at the same time.
7. All clothing and bedding must be washed at the same time as hair is treated.
8. Only special lice shampoo/treatments work. Regular shampooing will NOT work.
9. Lice and nits are killed by heat (140º).
10. The only way to get rid of lice is to treat the PERSON-HOUSE-CLOTHING at all the same time.

| nits | nit hatches 7-10 days | lice live 16-27 days |