

Head Lice Facts

- One adult louse can lay 10 eggs or nits a day and live up to 30 days!
- Nits hatch in 7 to 10 days. The immature louse is called a nymph.
- The nymph matures to an adult in 7 to 10 days (2-3 week life cycle).
- Lice do not fly or jump. They crawl.
- Lice can survive a day without a host but usually not longer than 48 hours.
- Itching is the most common symptom, but may not occur until one week after infestation. Up to 50% may not itch at all.
- Age, hygiene, blood type, blow-drying and hair treatments (coloring or permanents) do not prevent infestation!
- Nits are teardrop shaped and tightly attached to one side of the hair shaft.
- Nits need constant heat and moisture to mature.
- Each strand can have more than one nit.
- Nits found further down the shaft can be alive.
- Nits are commonly found on the top of head, above ears and nape of neck but check the entire head.
- Head lice only live on a human head. Pets do not carry human head lice.

Products :

Nix—1% permethin (pediculocide)

1. Comes in over the counter and prescription strength.
2. Do **NOT** use conditioners or shampoos with conditioners or botanicals before applying this product. A high pH/water based shampoo like Prell should be used before treatment.
3. Towel dry hair thoroughly until it is just damp not wet.
4. Follow package directions.
5. Do not shampoo for 24 hours after treatment.
6. Reapply in 7 to 10 days.

Rid—A-200, R & C Pyrethrins (pediculocide)

1. Not as effective.
2. Follow package directions.
3. Reapply in 7 to 10 days.
4. May aggravate asthma or trigger allergies in people sensitive to ragweed or chrysanthemums.

Kwell—Lindane (pediculocide)

1. Prescription only. Least effective and most toxic.
2. Can cause serious side effects including seizures and death.
3. **Not Recommended!**

Olive Oil

1. Use pediculocide as directed and remove nits and lice as explained under treatment.
2. Saturate hair with olive oil, cover hair with shower cap and leave on overnight.
3. Comb out nits with metal comb.
4. Wash hair. Recheck and remove any missed nits when hair is dry.
6. Treat with olive oil on days 1,5,9,13,17,and 21.
7. Must use on specified days but can use more often if desired—if specified day is missed you have to start over.
8. May return to facility after initial treatment and **removal of nits**. If no pediculocide is used, use olive oil on day 2 also. May return after 2nd treatment.

Products (continued):

Cetaphil

1. Apply to dry hair.
2. Saturate scalp and hair. Recommended 8oz for short hair and 12oz for long.
3. Massage thoroughly and let set for 2 minutes.
4. Comb out excess.
5. Comb through hair with metal nit comb to help remove nits.
6. **Blow dry till hair is completely dry**. Hair must be completely dry for process to be effective. Do not use styling products or hair sprays while product is on hair.
7. Leave on for at least 8 hours. Preferably overnight.
8. Shampoo and condition as usual.
9. Repeat treatment weekly for 3 weeks.

Treatment:

1. Check all heads including friends and other close contacts and treat all affected people at the same time . Do **not** have children do their own treatment.
2. Remove clothing and wash immediately.
3. Protect eyes.
4. Apply selected product following all treatment directions.
5. Use sink. Do not use in tub or shower to prevent overexposure to product.
6. Apply product for recommended amount of time.
7. Use enough to cover hair completely.
8. Rinse/wash hair if directed and dry with new towel.
9. Remove tangles with regular comb.
10. Remove **all** nits and lice by using a **metal** nit (or flea) comb or manually with fingernails. A metal comb is more effective than the one provided with product. Check one section at a time and use clips to section off hair. Rinse comb in sink between sections or place nits in tissues and flush or discard outdoors.
11. Repeat treatment as directed.
12. If treatment is unsuccessful, try treatment with a different product.
13. Daily head checks are recommended until no lice are found for 3 weeks.
14. Removal of all nits is the best way to tell if infestation is resolved.

Clean-up:

Combs:

- Scrub to remove all hairs and nits, etc.
- Heat in water 150 degrees Fahrenheit.
- Bag or replace ribbons, bows, ponytailers, etc

Laundry:

- Wash in hot water (150°F) and dry in hot dryer
- May put dry fabrics in preheated hot dryer for 20 minutes
- Don't forget to clean the laundry baskets
- Bag, dry clean, or vacuum items not washable

Vacuum:

- Vacuum mattress, sofas, chairs, pillows, carpets, cars, etc. Everywhere child has been for the last week.
- Coats, especially around neck, clothing in closet that has been exposed, and stuffed toys may be vacuumed.

Bagging:

- Bag any item that can't be washed or dry cleaned.
- Seal in plastic bag for at least 2 weeks after last outbreak.
- Shake each item vigorously outside when removing from bag.
- May vacuum instead of bagging.
- May place in cold temperatures of -5°F for 5 hours or 5°F for 10 hours. Clothing and bedding may take longer due to insulation effect.

Sprays: **Not recommended.**



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