

What to do if your child comes home with head lice:

Don't panic. Anyone—adult or youngster—can get head lice. Head lice are passed from person to person by direct contact or on shared objects (combs, towels, headphones, etc.). *It has nothing to do with cleanliness and does not reflect poorly on you as a parent.* The problem is easily managed. Just follow the instructions below:

1. Check every member of the family.

1. Look for tiny white eggs (nits) on hair shafts, near the scalp, especially at the nape of the neck and behind the ears. Head lice are small grayish-tan insects without wings. Any family member with lice or nits must be treated.



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2. Use an effective head lice treatment.

2. Several are available without a prescription. The creme rinse requires just one application and



protects against reinfestation for up to two weeks. Shampoo treatments require a second application 7-10 days after the first, are less effective, and offer no extended protection. Ask your pharmacist for more information.

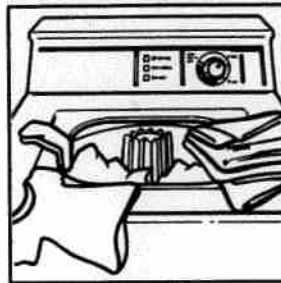
3. Remove all nits.

3. Gently comb the child's hair with the special nit removal comb. These combs are usually provided with the lice treatment products.



4. Wash clothes, bed linens, and towels.

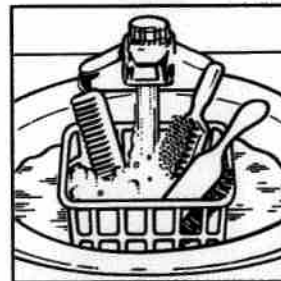
4. Use hot water and dry on hot cycle for at least 20 minutes. Items not machine washable



must be dry cleaned or stored at room temperature in a tightly sealed plastic bag for at least two weeks. Items such as headphones and helmets should be similarly bagged and stored.

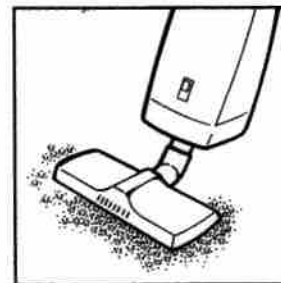
5. Soak combs, brushes, etc. in hot water.

5. The hotter the better, but at least 130° F. Items should be allowed to soak for 5-10 minutes.



6. Vacuum everywhere.

6. To make sure the rest of your home is louse free, you should vacuum, carpets, pillows, mattresses, upholstered furniture, and even the car seats.



Head lice cannot survive without a human host. They cannot survive on family pets. Choose an effective treatment, use as directed, and perform the steps listed above to eliminate head lice from your home and to help prevent their spread in the community.