

Head Lice –Examine, Treat, and Comb

SIX STEPS TO GETTING RID OF HEAD LICE

EXAMINE

First, look at the base of the hair around the ears and across the back of the neck. Then carefully check the rest of the head.



Examine everyone in the home for lice and nits. Separate the hair strands carefully. Nits are small, white to chocolate brown, oval-shaped eggs that are glued to the hair near the scalp. Nits are more easily seen than live lice.

Treat only those household members who have head lice.

TREAT

Lice treatment products are available over-the-counter at drugstores and grocery stores. These products will not kill all of the lice and nits, but they are the best way to get the process started.

Carefully follow the directions on the treatment or those of your healthcare provider.

Using more treatment, reapplying sooner than recommended, or keeping it on the hair longer than directed will not make it work better or faster and can increase the risk of toxic side effects.



COMB

After treatment, comb the hair with an effective, metal, lice-removal comb, or very fine toothcomb, to remove the nits. Try to get every nit and any lice that you find, rinse down sink or put in garbage.

Combing the hair in the opposite direction of normal brushing will help you find more nits/eggs.

Comb, using the lice comb daily for seven days, and until you no longer find any lice or eggs.

This step takes the most time, energy, and patience.

Combing is the most important step!

CLEAN

Clean your home using normal methods, such as washing clothes, towels, and bedding; vacuuming floors and furniture; and soaking combs and brushes in warm, soapy water.

REPEAT

Follow the directions just as you did for the first treatment. Some products recommend a second treatment 7-10 days after the first. Afterwards, remove any eggs or lice that you might find.

Continue to check daily until 1 week after the second treatment or 1 week after the last egg or louse is removed.

NOTIFY

Notify everyone that may be affected:

School, daycare, friends, family

