

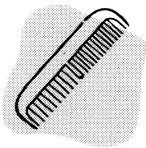
10 Steps to Keep Ahead of Head Lice

- 1) *Watch for signs of head lice, such as frequent head scratching, flaky or irritated scalp, scabs, or the presence of nits. Anyone can get lice, mainly from direct head-to-head contact or possibly by sharing hats, brushes, beds, pillows, towels, etc.*
- 2) *Check all household members and close contacts for lice and nits (lice eggs) at least once a week.*
- 3) *Be sure not to confuse nits with hair debris (i.e., dandruff, hair spray droplets, or hair casts). Nits are yellowish-white, oval-shaped, and are **attached** at an angle to the side of the hair shaft.*
- 4) *Consult a pharmacist, physician, or school nurse before applying pesticides or other lice treatments. If anyone to be treated is pregnant or nursing, has allergies, asthma, or has nits in the eyebrows or lashes, contact your physician. Never use a pesticide or lice treatment on or near the eyes.*
- 5) *Consider all of your treatment options. Remember, lice-killing products are pesticides and must be used with caution. If you choose alternative methods, they may not have been studied thoroughly enough to determine long-term outcomes. The most effective and safe alternative is manual removal by combing.*
- 6) *Remove all nits. Separate hair sections and remove nits with a lice comb, baby safe scissors, or your fingernails.*
- 7) *For lice treatment, follow package directions carefully. Use the products over the sink, not in the tub!*
- 8) *Wash bedding and all recently worn clothing in hot water and dry in high heat for at least 30 minutes. Combs and brushes should be soaked in hot water (not boiling) for 10 minutes.*
- 9) *Avoid lice sprays! Vacuuming is the safest and best way to remove lice or fallen hairs with attached nits from furniture, rugs, stuffed animals, and car seats.*
- 10) *Notify your child's school, camp, child-care provider, play partners, and neighborhood parents. **Check for lice on a regular basis.***

Quick Guide for Managing Head Lice

Management and treatment of head lice includes:

1. Careful inspection and screening of the hair and scalp to identify lice and/or nits correctly.
2. Use of a pediculidal (head lice) product if live lice or viable nits are found.
3. Cleaning of personal items and the environment.
4. Repeat treatment with the pediculidal product following the label instructions. If the label does not provide a guide for a second treatment, repeat treatment nine days following the initial treatment.



1. Careful inspection of the hair and scalp to identify lice and/or nits correctly.

Lice are tiny insects (about the size of sesame seeds) ranging in color from red to brown, yellow, tan, gray, white, or black. They attach their eggs (nits) to the hair shaft near the scalp with a glue-like substance. The nits are small, about the size of a knot of thread, and can be white, tan, pale gray, or yellow in color. Nits can be hard to see, so it is important to take your time and separate the hair into thin sections. The nits are most commonly found at the nape of the neck and behind the ears, but can be anywhere, so check the entire head.

A person is infested with head lice if live lice or nits on the hair shaft closer than one quarter inch from the scalp are found.

All individuals living with an infested person, as well as those who have head-to-head contact with the person, should be screened for lice.

2. Use of a pediculidal (head lice) product if live lice or viable nits are found.

When someone is infested with head lice, he or she should be treated with a medicated hair product that will kill the lice (a pediculicide). Pediculicides are not meant to be used for prevention.

There are many lice treatment products available, which can be found at area drug stores or grocery stores. Most non-prescription pediculidal products contain permethrin 1% or pyrethrin (such as Nix or RID¹¹). Permethrin 1% is recommended as the first choice of treatment. Once you have selected a product, it is very important that you follow the label directions on the product EXACTLY to treat those who are infested.

Treat only those people with live lice or nits less than one quarter inch from the scalp. The American Academy of Pediatrics recommends treating anyone who shares the same bed with those who are infested.

Prescription pediculicides are also available. For further information on pediculidal products, contact your local public health department, healthcare provider, clinic, or pharmacy.



Before using the product, review all safety statements on the label. Do not use the product if any of the precautions apply to you or the person being treated. Consult with a healthcare provider for further instructions. Using a head lice treatment product will not prevent you from getting head lice.

¹¹ Use of a brand name does not endorse the specific product. A similar product may work as well as those mentioned.

Quick Guide for Managing Head Lice (continued)

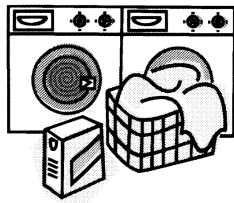
3. Cleaning of personal items and the environment.

No special cleansers, sprays, or chemicals are needed for cleaning your home.

Soak hair care tools in hot water (130°F) for at least 10 minutes. Heat may damage some plastic combs and brushes. Place these items in a sealed bag for two weeks.

To kill lice and nits, machine-wash all washable clothing and bed linens that have been used by the infested person(s) during the two days before treatment. Use the hot water cycle during the washing process. Dry laundry using high heat for 30 minutes.

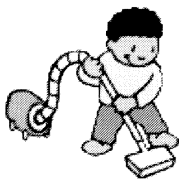
Washing clothes to remove lice and nits is only necessary on the day of treatment and does not need to be repeated daily.



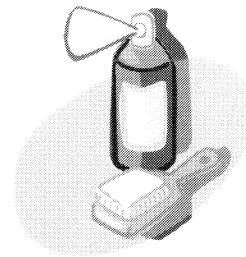
Another option is to place the item in a hot dryer for 30 minutes, if the recommended care label approves use of dryers.

Articles that cannot be machine washed, or placed in a hot dryer can be vacuumed, dry cleaned, or stored in a sealed plastic bag for two weeks.

Floors, carpets, upholstered furniture, pillows, and mattresses should be vacuumed to pick up any hairs that may have living lice or nits attached to them.



4. Repeat treatment with the pediculicidal product following the label instructions. If the label does not provide a guide for a second treatment, repeat treatment nine days following the initial treatment if live lice or nits within one quarter inch of the scalp are found.



The use of lice sprays for the house can be dangerous and is not recommended.