

❖ **LICE TREATMENT TIPS** ❖
Your child has lice, now what?

- If you find head lice, stay calm. Your child will handle it as well as your example.
- Lice are **NOT** a sign of poor hygiene, unclean hair, a dirty household or failed parenting.
 - Lice are **NOT** an infection or a disease and are **NOT** harmful to your child.

TIPS ON HOW TO TREAT LICE:

1. **PURCHASE** a **LICE COMB** and an over-the-counter **LICE TREATMENT** (such as Nix) containing 1% permethrin or pyrethrins that kills both lice and the eggs. Check all members of your household for lice. (Note: Parents can get lice too, it just means you are loving your child correctly). Lice treatment costs approx. \$15-20 per person and lice kits usually contain 2 bottles, 1 for today and one for in 9 days. Long or very thick hair may require 2 bottles.
2. Do not use conditioner before lice treatment. **APPLY LICE TREATMENT according to package directions.** Do not shampoo hair for 2-3 days after lice treatment or use any other product that may inactivate the lice treatment such as conditioner, vinegar, olive oil, etc.
3. **UPDATE** any friends or family from the past month that may be at risk, including informing your child's teacher. This information may help a friend get prompt treatment so your child will not become re-infested down the road by their close contacts.
4. **COMB or pick out any lice or nits daily.** Devote the majority of your attention to **scalp hair** as viable eggs are found less than 1 inch from the scalp. Try to turn these daily sessions into something positive as you spend this time with your child. All the nits (eggs) need to be removed or lice will reoccur.
5. **WASH** bedding, clothing, blankets, pillows, towels, hats and hooded coats that have touched your child in the past week. Heating items for 20 min in a hot dryer is a sufficient short cut. Bag up items that cannot be washed (such as stuffed animals) for 2 weeks. You may vacuum furniture, car seats and around the bed and couch, but the house does not need further treatment than this. Clean your child's hairbrush by removing all hair and placing in the dishwasher or freezer overnight. ***Concentrate the majority of your energy on scalp hair where lice are most likely to be.***
6. **REPEAT LICE TREATMENT in 9 days.** If lice do not go away after two treatments, consult with your health care provider for further treatment options.

Continue to monitor for lice on a weekly basis. ❖ **Once a week, take a peek!** ❖

If any questions, feel free to contact:

Anne Nelson, RN

892-2661 Ext. 4136

Plymouth School District Nurse