

### **Stay Calm!!**

Lice do not carry disease; they are annoying but cannot make you sick

They like all kinds of hair and are not a result of good or bad housekeeping

They do not live on family pets or animals... only humans

They cannot jump or fly... they move by crawling from one head to another when they get close or, sometimes, from an object like a hat or brush that is shared.

### **1. Treat the head!!**

Use medicated product that you can purchase at the pharmacy to kill the live lice (bugs) in the hair. (Some products are not working very well anymore so talk to a Public Health Nurse or Pharmacist before you buy)

Only treat family members who have lice because the medication does not stop future lice from coming onto the head.

Follow the package directions exactly (also the part about when you can next shampoo or condition the hair, in some cases doing this too early may make the treatment not work as well)

### **2. Remove the nits (eggs)**

It helps make the child feel better to have the eggs that people can see removed and it just makes sense to remove as many eggs as possible before they can hatch and start a new infestation.

Use daylight/natural light if possible and a good quality metal comb (not the plastic one found in the product box)

Use clips and part the hair in sections, carefully work through each section by combing slowly through small strands at a time, clean the comb after each pass. You may need to use your fingernails on the stubborn ones.

You may need to do this every day for a week or two before you find them all.

### **3. House cleaning**

Lice do not live for very long off the human head so this is less important than you might think. The most important step is to treat the head and most of your energy should be focused on that

Wash bedding, clothing, hats, headbands using hot water/hot dryer. Wash combs and brushes in hot water. Anything that cannot be washed (like stuffed animals) can be placed in a garbage bag and frozen for 48 hours.

Vacuuming and cleaning the whole house is not necessary but if it makes you feel better go ahead. Do not use insecticide sprays as they are toxic and unnecessary.

### **Re-treat in 8-10 days**

Do a second treatment in 8-10 days to kill any lice that have hatched since the first treatment. This timing ensures that they are killed before they become adults and lay their own eggs.

**Call your local Public Health Nurse if you have questions about lice or treatment. We can help!!!**