

WHAT TO DO ABOUT HEAD LICE.....

Watch for signs of head lice, such as frequent scratching.

ANYONE, (even dads) can get head lice! Head lice are passed from person to person by direct contact or by sharing personal objects (combs, towels, headphones, etc.) and the problem can be managed by following the instructions below.

- 1. Check every member of the family.**
Look for tiny white eggs (nits) on hair shafts, especially near the scalp, neck and behind the ears. Head lice are small, wingless, grayish-white insects. Any family member with lice must be treated.
- 2. Use an effective head lice treatment.**
Safe and effective medications are available by prescription from a physician or nonprescription from a pharmacy. Call your doctor first if you are pregnant, nursing or allergic to weeds, plants, etc. Never use a lice product on you baby.
- 3. Remove as many nits (eggs) as possible.**
In good light or preferably outside in full sun, carefully comb the hair with a special nit removal comb. These combs are usually provided with lice treatment products. The BEST comb to use is the Terminator comb. All the nits must be removed to stop the life cycle.
- 4. Wash clothes, bed linens and towels.**
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 2 weeks.
- 5. Soak combs, brushes in hot water.**
The hotter the better, but at least 120⁰ F. Items should be allowed to soak for 10 minutes.
- 6. Vacuum everywhere.**
To make sure the rest of your home is free of lice, vacuum pillows, upholstered furniture, carpets and mattresses.

Head lice cannot survive without a human host and cannot survive on family pets. By using an effective treatment as directed, performing the steps listed above, and MOST IMPORTANTLY... continuing to check heads for 2 - 3 weeks after treatment and periodically thereafter, head lice can be eliminated from your home.

Please contact and let me know that your child has head lice. All students should be examined by the school nurse.

FOR MORE INFORMATION and great pictures:

<http://children.webmd.com/ss/slideshow.lice.overview>