

# Parents' Guide How to Treat and Keep Lice Out of Hair

## WHAT YOU NEED:

- ✓ Good light (flashlight helps)
- ✓ Magnifying glass
- ✓ Something pointed but not sharp to separate the hair in ¼ to ½ inch sections
- ✓ Hair clips or bobby pins to hold separated hair
- ✓ Products to kill the lice and to remove the eggs (called nits)
- ✓ Large sheet or towel to place on floor under person
- ✓ Hair dryer
- ✓ Nit re-mover comb (LiceMeister or LiceOut)
- ✓ Tissues to wipe comb (to be flushed in toilet after use)

## #1 KILL THE LICE

Read and follow directions on product label EXACTLY. But in general...

- ✓ Apply product to dry clean hair (do not wash hair with shampoo containing conditioner prior to treatment)
- ✓ Retreat hair in 7-10 days if product recommends to do so

## #2 MOST IMPORTANT!

### REMOVE NITS!

- ✓ Check the entire head.
- ✓ Comb out tangles with regular comb.
- ✓ Separate hair into ¼ to ½ inch sections, looking for nits.
- ✓ Nits are the eggs of the louse (head lice). They are tiny white specks that cannot be flaked off. They attach to the hair shaft.
- ✓ Pay special attention to the back of the neck and around the ears.
- ✓ Grasp nits firmly with fingernail, tweezers, or a lice comb (LiceMeister or LiceOut)
- ✓ Continue until all hair is free of nits. Comb daily for at least 2-3 weeks .

## #3 STAY LICE FREE

- ✓ Machine wash clothes, towels, sheets, blankets, etc in HOT water and dry at least 20 minutes on HOT cycle in dryer, including materials used in treatment process

- ✓ Store items like stuffed animals and pillows in plastic bags for 2 weeks or dry clean.
- ✓ Vacuum everywhere. Throw away vacuum bag.
- ✓ Soak combs and brushes in HOT water for 15 minutes or in bleach water (1/4 cup bleach to 1 quart of water) for 1 hour.
- ✓ Tissues used during treatment should be flushed down the toilet.
- ✓ Instruct your student not to share combs, brushes, hats or coats.
- ✓ Continue to check head for nits at least weekly
- ✓ Call the school and let staff know that treatment is completed and arrange a time to bring student to school to be checked by staff.

**ANY QUESTIONS OR CONCERNS PLEASE CALL JAMIE ROUNDTREE, RN BSN BOISTFORT NURSE AT (360) 245-3343**