



**KILL LICE:**

- **Because all lice-killing products are pesticides, it is important to follow package directions for safety precautions.**
  1. Leave product in the hair for the **EXACT** time period indicated in the package directions.
  2. Use the product over the sink, not in the tub or shower, as this confines the lice product to the scalp and neck.
  3. Always keep child's eyes covered.
- Only those infested with head lice/nits should be treated. However, all household members should be checked for head lice and nits.
- Consult with a pharmacist or doctor before using any lice treatment during pregnancy or breast feeding, **or** for those with allergies, asthma, epilepsy, or other serious medical conditions.

**REMOVE NITS:**

- Select a room in the house that is well-lit, preferably with no carpet or rugs, or go outdoors and use natural sunlight.
- Identify nits (lice eggs) which appear as tiny white ovals glued to the hair shaft near the scalp. This should not be confused with hair debris, such as dandruff, which is usually irregularly shaped and easy to remove.
- Use a nit removal comb or fingernails to detach all nits from the hair and remove lice from the scalp. Removal is best accomplished when hair is dry or slightly damp.
  1. Part hair into 1 to 2 inch sections. Pull comb/fingernails through hair from the scalp all the way to the ends of the hair.
  2. After each section, look through it to make sure nothing was missed. When satisfied, twist up the hair and pin it out of the way.
  3. Repeat the process until you have done the entire head.
  4. Clean fingernails immediately if you use them to remove nits. Discard nits into trash. Have child put on clean clothing.

**CLEAN ENVIRONMENT:**

- Wash bedding, towels and recently worn clothing (including hats and hooded sweatshirts) in hot water (130 degrees) and dry in a hot dryer for at least 20 minutes. Combs and brushes should be soaked in hot water (130 degrees) for 10 minutes.
- Vacuum all carpets, rugs, upholstered furniture, mattresses, and car interiors (seats and headrests) thoroughly.
- Items that cannot be laundered (non-washable bedding, fuzzy toys) should be placed in a tightly sealed plastic bag at room temperature for one week.

**PREVENT RE-INFESTATION:**

- Continue to check child daily for lice/nits.
- **Apply a second application of lice killing product in 7-10 days, as recommended by package directions, to kill any newly hatched lice.**

For more information, contact your school nurse.