



Instructions for Treating Head Lice

<https://www.cdc.gov/parasites/lice/head/index.html>

1. **Examine your child's head** to be sure you know what the nits look like. They are tiny grayish-white eggs attached to the hair, especially behind the ears and at the nape of the neck.
2. **Check all other family members** to see if they are infested. Any family member with evidence of head lice must be treated at the same time.
3. **Use an effective head lice treatment.** Your physician or pharmacist can recommend an effective product. Follow the directions carefully. **Do not treat more often than the product recommends.** If crawling lice are still seen after a full course of treatment, contact your health care provider for recommended retreatment. To be most effective, retreatment should occur after all eggs have hatched but before new eggs produced.
4. **Remove the nits (lice eggs).** Because no lice treatment product kills all the eggs, it is important to remove all traces of the nits to prevent re-infestation. A special comb for this task is usually provided with the lice treatment product. However, hand removing nits or a fine-tooth steel comb may be more effective.
Continue to comb and check for lice for 2-3 weeks until all the nits and lice are gone.
5. **Clean combs and brushes** in hot soapy water (the lice treatment product is recommended). It is advisable to let combs and brushes soak in the hot water for at least ten minutes.
6. **Wash** all clothes, bed linens and towels in hot water and dry on hot cycle for at least 20 minutes. Items that cannot be safely washed, such as stuffed animals, should be dry cleaned or stored in sealed plastic bags for a minimum of two weeks. All coats, clothing, and backpacks in the closet must be washed or dry cleaned as well. All hats must be washed, dry cleaned, sealed in plastic or thrown away.
7. **Vacuum everywhere** to make sure your home is free of lice and nits. Vacuum carpets, pillows, mattresses, upholstered furniture, car, and anything that might hold lice or infested hairs with viable nits attached. Do a thorough job and discard the vacuum bag promptly. **The use of insecticide sprays is not recommended.**
8. **Re-infestations are common.** **Please check your child's head on a daily basis for at least one month.** Please notify the school if lice are found. Head lice survive only on humans and do not affect family pets. To eliminate lice and nits from your home, follow the directions above. Doing a thorough job will prevent their spread in the community.

