

***When your child comes home with head lice...***

**Don't panic.** Anyone can get head lice. It has nothing to do with cleanliness, nor does it reflect on you as a parent. The problem is easily eliminated. Simply follow these instructions.

- 1. Examine your child's head** to be sure you know what the nits look like. They are tiny greyish-white eggs attached to the hair, near the scalp, 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 also be treated.
- 3. Use an effective head lice treatment.** Your pharmacist can recommend an effective pediculicide product. When used as directed, it will be very effective in killing head lice.
- 4. Remove the nits (lice eggs).** Because no pediculicide product kills all the eggs, it is *very important* to remove all traces of the nits to prevent reinfestation. A special comb for this task is usually provided with the lice treatment product.
- 5. 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 outside the home for a minimum of two weeks.
- 6. Soak combs and brushes in lice shampoo for 10 minutes.**
- 7. Vacuum everywhere** to make sure your home is free of lice. Vacuum carpets, pillows, mattresses, upholstered furniture; anything that might hold lice. Do a thorough job and discard the vacuum bag promptly.

**Head lice survive only on humans,** and do not affect family pets. To eliminate head lice and nits from your home, follow the directions above. Doing a thorough job will prevent their spread in the neighborhood.