

WHAT to do if your child comes home with head lice:

Don't panic. Anyone can get head lice and this does not reflect poorly on you as a parent. We are here to help you.

1. Check every member of the family.



Look for tiny white eggs (nits) on the top of the head, back of the neck and behind the ears. If you see a grayish tan insect with no wings, it might be live lice. Do NOT treat if someone does not have lice or nits. The treatment can cause medical problems if used too much! Follow directions!

2. Use an effective head lice treatment.



Wash the hair with a medicated lice shampoo or cream rinse like LICE MD, RID or Pronto Plus. You can buy in most stores by the pharmacy. We want you to treat again in 5-7 days even if the

package says you do not need to. Some of the nits will reattach new lice.

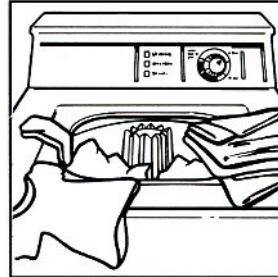
3. Remove all nits.



Gently comb the child's hair with the special nit removal comb from the package or a fine tooth comb when the nit comb is too narrow for hair.

Divide up small areas of hair and comb through. If the egg does not come off, gently pull off and put in toilet paper and flush. Rent a video, watch TV, have a good conversation and try to make this time as pleasant as possible.

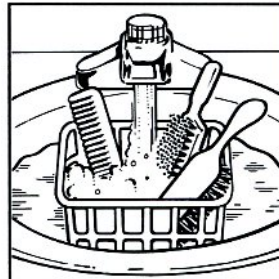
4. Wash clothes, bed linens, and towels.



Use hot water and dry on hot cycle for at least 20 minutes. Items not washable must be dry cleaned or stored in a tightly sealed plastic bag for at least 21

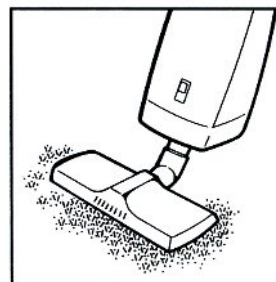
days. Headphones and helmets should also be bagged. Include pillows in the washing and drying.

5. Soak combs, brushes, etc in hot water.



The best way to clean is the dishwasher or soak in hot water for 5-10 minutes.

6. Vacuum everywhere.



Vacuum the carpets, mattresses, furniture and the inside of the car, including car seats.

***You will need to comb through your child's hair each day for 3-5 days to ensure you have gotten rid of all the eggs.