

Head Lice Information

What you should do if you find lice on your child.

- **Notify your child's school and daycare. Keep your child home until treated and nit free.**
- **Kill the lice.**
Use a lice killing agent. Check with your doctor or pharmacist.
Repeat this treatment in 7-10 days.
- **Remove the nits.**
While hair is damp, use a special nit comb to remove nits one section of hair at a time. A cream rinse or olive oil may make combing easier. Only 60 – 70% of nits are killed by the lice killing agent.
- **Stay Lice Free**
Environmental cleaning helps remove the chance for re-infestation.
 - Wash clothes, hats and bedding in very hot water for at least 20 minutes. Dry in a hot dryer.
 - Objects that cannot be washed should be bagged in plastic and put away for 2 weeks or dry cleaned.
 - Wash all combs and brushes in very hot water.
 - Put stuffed toys in a hot dryer for 20 minutes.
 - Thoroughly vacuum car seats, sofas carpets and floors.
 - Make sure all family members use their own comb, brush, towels and bedding.

Additional Facts:

- Nits hatch in about 10-14 days. During this incubation period, their respiratory passages shut whenever they are immersed in water. This mechanism helps make them impregnable to lice killing agents.
- Nits do not live on pets.
- Lice are common among children because of the close physical contact with playmates. They are not the result of poor hygiene.

Resources:

Harvard School of Public Health
EBRP School Nurses' Department