

IF YOUR CHILD IS SENT HOME WITH HEAD LICE:

- Don't panic, anyone (adults and children) can get head lice.
- Check every member of the family for lice and for tiny white eggs (nits) throughout the hair, especially near the nape of the neck and crown of head.
- Use an effective head lice treatment on every family member with lice or nits. There are many over the counter products available, please consult your physician or pharmacist.
- Do not treat anyone who is not infested. No treatment will prevent a child from getting lice.
- Women who are pregnant or nursing should contact their physicians before administering treatment to themselves or to their children. Children under two years of age should be treated by manual removal of lice and eggs.
- After application, remove all nits by running your fingernails along the hair shaft or by using a fine toothcomb available at the pharmacy (an excellent comb is the Licemeister). Carefully dispose of all nits and lice in a sealed garbage bag.
- Wash clothes, bed linens and towels in 130 F water and dry on hot cycle for at least 20 minutes.
- Dry-clean all clothing, hats and stuffed animals that cannot be washed or seal garments in airtight plastic bags for 35 days.
- Soak combs, brushes and hair paraphernalia in a pediculicide solution (Nix, Rid) and hot water (130 F) for at least 20 minutes.

- Vacuum carpets, pillows, mattresses, upholstered furniture and car seats thoroughly. Discard the vacuum bag promptly in a sealed garbage bag. The use of insecticide sprays is not recommended and strongly discouraged by the National Pediculosis Association because they may be harmful to family members and pets and are of questionable benefit.
- After your child has been treated, bring your child to school and have him/her checked by the school nurse before re-entering the classroom.
- Check your child daily for at least 10 days and then checking after that should become part of routine hygiene.
- If there is evidence of new nits or lice, retreatment is necessary in 7 days. Treatment itself can cause itching, do not retreat on the basis of itchiness alone.
- Encourage your child not to share hats, athletic headgear and grooming aids.