

WHAT TO DO IF YOUR CHILD COMES HOME WITH HEAD LICE:

Don't panic. Anyone --- adult or youngster --- can get head lice. Head lice are passed from person to person by direct contact or on shared objects (combs, towels, headphones, etc.). *It has nothing to do with cleanliness and does not reflect poorly on you as a parent.* The instructions below :

CHECK EVERY MEMBER OF THE FAMILY. Look for tiny eggs attached to the hair, usually near the scalp. They may be tan, brown or white. Head lice are small crawling insects, usually the size of a sesame seed when mature; they may be tan, brown or black, or if newly hatched, transparent.

IF FOUND, NOTIFY EVERYONE WHO HAS COME IN CONTACT WITH THOSE AFFECTED. This includes schools, daycares, carpools, sleep- or play-overs.

USE AN EFFECTIVE HEAD LICE TREATMENT. Effective treatment is available without prescription. (The prescription treatments may contain lindane, a toxic insecticide, which is not even effective anymore.) The following are the most current procedures: Shampoo with a stripping shampoo (Prell without conditioner or dishwashing liquid, such as Joy).

Nix application - takes approximately 20-25 minutes to apply product thoroughly. Once applied, the Nix may remain on the scalp and hair longer than the 10 minutes recommended if scalp is checked periodically for any irritation. Wrapping the head in a plastic wrap or shower cap is helpful. For the next 24 hours use nothing more than water on the head.

Know that there are many alternative treatments for head lice e.g., mineral oil, Vaseline, etc. So far, the best method to prevent lice reinfestation is removal of all nits.

NIT REMOVAL. All nits must be removed by comb or hand to ensure that the lice infestation does not return. Gently comb the child's hair with the nit comb. Section the hair and do a small area at a time, rinsing the comb often. Combs provided with the product may not be adequate. Special metal lice combs can be purchased in the pharmacy where the lice products are sold. Products are available to loosen the nit glue; diluted vinegar will also ease nit removal. Remember that anything on the hair other than water destroy the repellent effect of NIX.

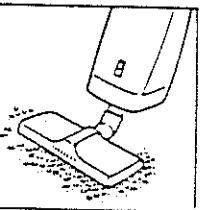
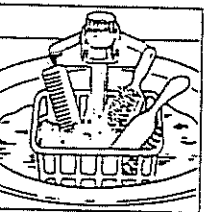
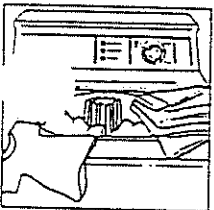
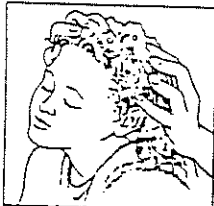
WASH CLOTHES, BED LINENS, AND TOWELS. Use hot water and dry on hot cycle for at least 20 minutes. Do not overfill washer or dryer. Contact with heat is necessary to kill lice. Items not washable may be dry cleaned or placed in a tightly sealed plastic bag for at least two weeks. Headphones and helmets should be bagged and stored. Dolls and unwashable teddy bears too.

SOAK COMBS, BRUSHES, ETC., IN HOT WATER The hotter the better, but at least 150° for at least 10 minutes. Don't forget hair ribbons, pony tail holders.

VACUUM Vacuum any place where your child(ren)'s head(s) have been during the past week. Carpets, pillows, mattresses, upholstered furniture, car seats may be some of the places. Sprays are ineffective.

LIFE CYCLE OF THE LOUSE

Head lice cannot survive without a human host. They cannot reproduce on family pets (but may hitch a ride), or in rugs or furniture. When treating family members for head lice it is important to use the products as directed and to perform the steps listed above to prevent spread into the community.



LIFE CYCLE OF HEAD LOUSE
adult lives 16-27 days

