10 Ways
Parents Guide
How to Keep Lice Out of Hair

1. Teach kids not to share personal grooming items, hair decorations/clips/headbands, hats or clothing.
2. Store coats/hats/backpacks separately.
3. Ask kids with long hair to pull hair back into braided ponytails or pigtails. Store hair care items separately from each other.
4. Do not allow kids to lie down or place their heads on the carpet. Vacuum daily.
5. Encourage kids to use only their own pillows, blankets, etc.
6. Discuss with kids how lice are spread.
7. Look around. What items are shared by kids, i.e., headsets, helmets, costumes — that lice can grab onto?
8. Screen suspected cases immediately. Note scratching.
9. Notify other parents with whom your kids have had contact.
10. Recheck (rescreen) at least once a week — make it a routine personal care activity.

HELPFUL HINTS

Identify It!
- Check everyone in the household for lice or nits. Nits are small white to brown oval-shaped eggs that are glued to the hair.

Treat It!
- Treat only those household members found to have lice or nits. It is very important that you follow the label directions on the product EXACTLY.
- For children under 2 years old, remove crawling bugs and nits by hand. If this does not work, ask your child’s health care provider for treatment recommendations. Lice medications have not been tested in children 2 years of age and under.

Comb It!
- Combing is the most important step!
- Continue to check and comb for 2-3 weeks until you are sure all lice and nits are gone.

Repeat It!
- Most products recommend a second treatment 7-10 days after the first.
- If after the second treatment, you continue to have evidence of lice or new nits, see your health care provider for treatment directions.
Parents Guide How to Treat & Keep Lice Out of Hair

What You Need:
- Good light (flashlight helps)
- Magnifying glass or eye glasses
- Something pointed (but not sharp), like a letter opener or chopsticks to separate the hair
- Hair clips or bobby pins to hold separated hair
- Products to kill the lice and to remove the eggs (called nits) — ask the druggist/pharmacist and read the label
- Large sheet or large towel placed on floor under person
- Timer
- Hair dryer
- Plastic bags
- Regular tooth comb
- Nit remover comb (Lice Meister™ or Lice Out™)
- Tissues to wipe comb

1 Kill The Lice
Read & follow directions on label. But in general:
- Apply product to infected areas on dry hair.
- Wait 10 minutes (but no longer).
- Add warm water and make soapy.
- Rinse well.

2 Most Important! Remove the NITS!
- Check the entire head.
- Comb out tangles with regular comb.
- If you use a nit removal product, read and follow directions on label.
- Use special nit comb, fingernail or Scotch-Brite™ type material to remove nits.
- After all areas are finished and rechecked, rinse thoroughly.
- Pick nits twice a day for 21 days.

3 Stay Lice Free
- Machine wash clothes, towels, sheets, blankets, etc., in hot water and dry at least 20 minutes on hot cycle in dryer — including materials used in treatment process.
- Store items like stuffed animals and pillows in plastic bags for two weeks (or dry clean).
- Vacuum everywhere. Throw away vacuum bag.
- Soak combs and brushes in hot water (130ºF) for 15 minutes or in bleach water (1/4 cup bleach to 1 quart of water) for one hour.
- Tissues used during treatment should be flushed down the toilet.

Product Information
Combs
Lice Meister™ or Lice Out™

Non-toxic Products
Lice Out™ or Hair Clean 1-2-3™

Pesticides
Rid™ or Nix™
Follow package directions closely!
Always remove the nits with a lice comb.

Tacoma-Pierce County Health Department does not endorse products mentioned in this flyer.