




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.
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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



Tacoma | Pierce County
Health Department
Healthier. Safer. Smarter.

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www.tpchd.org

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.

How to use Scotch-Brite™ type material:

- 1) Cut green scouring pad into 1-inch strips — make the strips long enough so each strip (when folded over) can be handled comfortably.
- 2) Separate all the hair into small portions.
- 3) From the separated hair, take a small amount of hair — starting as close to the scalp as possible.
- 4) Pull the folded Scotch-Brite™ type pad full length of the hair. Pin back hair.

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 (130°F) 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.*