

# What else can I do?

**Wash** all clothing and bedding used in the 2 days prior to treatment in hot water for a least 10 minutes, and dry on high heat in a dryer for at least 30 minutes.



Clothing and other articles that cannot be washed should be either **dry cleaned**, put in the dryer on high for 30 minutes, or put in a tightly **sealed bag** for 14 days.

**Soak** all combs, brushes, curlers, and hair ornaments for one hour in hot water with lice shampoo, rubbing alcohol or a disinfectant (Lysol).



**Vacuum** areas, such as, carpets, rugs, mattresses, cloth car seats, and furniture where your child sat or laid down.



## DISCLAIMER

This brochure is for information purposes only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.

For more information, call your health care provider or call the Bay County Health Department at (989) 895-4003.



## CONTACT US

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# Head Lice

## A Parent's Guide

Easy Steps to  
Control Head Lice



## What are head lice?

Head lice are very small insects that feed on blood from the scalp. Head lice are common among school-aged children and do not pose a significant health hazard and are not known to spread disease.

Lice glue their eggs (nits) to hair. Nits take 6-9 days to hatch, and 7 or more days to become egg-laying adults.

## How does it spread?

Children can give head lice to other children from head-to-head contact and sometimes when they share combs, hats, hair clips, clothing, scarves, or other personal items when playing at home and school.

## Signs & Symptoms

- Live and dead lice in the hair
- Nits on hair shafts
- Itchy, sore scalp
- A rash around the neck or ears



### Dandruff or Head Lice?

Try to flick or pull off the white speck from hair. Dandruff is easily pulled off, but nits are not.

## How can I get rid of head lice?

The best way to get rid of the lice is to comb your child's hair every day with a nit comb for two weeks.

Nit combs should be metal (not plastic) and have long teeth. Several brands of nit combs are available at your local pharmacy and may be a part of a head lice kit.



1. After using the lice shampoo, part wet hair into small sections.
2. Comb each section of hair from roots to tip using a nit comb. Keep track of the hair you have combed by pinning it away from the other sections of hair.
3. If lice are found, wipe or rinse the comb before using it again. **It is easier to comb wet hair.**
4. Any nits that cannot be combed out must be removed. You can do this by picking them out with your fingernails, tweezers, or by cutting a single hair between the scalp and where the nits are attached.

## Treatment Reminders

- Permethrin or pyrethrin are the active ingredients in most over-the-counter head lice treatments.
- Follow the label directions. Do not leave the product on for a longer time than recommended.
- Only treat those who have head lice, but check all family members.
- Each person with head lice needs a complete treatment; do not split product between multiple people.
- Even after treatment, you should remove lice and nits daily.
- A second treatment is recommended 7-10 days after initial treatment. One week after the second treatment, do a final check to see if there are any new nits close to the scalp.

