

Helpful Hints

- Treat all family members at the same time. Use the 14 day process. Rinse combs and brushes in very hot water after each use. Use separate combs or brushes on all family members.
- Bedding and clothes must be washed in hot water and dried in the dryer. Furniture, mattresses, and pillows may be covered with plastic covers.
- Hats and hooded sweatshirts should never be shared with anyone.

Children and School

- There is no need for children to be sent home or miss school while being treated.
- Coats and hats should be hung in a plastic bag so as not to transfer head lice to other students.



Nits look like this. This is what you must work daily to remove as they will hatch in 7 days if not removed. Inside this brochure are helpful hints for nit and lice removal.

**For more information visit:
www.cdc.gov/lice/head**

Head Lice: Treatment Is Only a Shampoo and Comb Away



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All About Head Lice

- Head lice are very tiny, but can be seen by the naked eye. They live in human hair and survive by feeding off of human blood and laying eggs (called nits).
- Head lice is spread most often by hair to hair contact. Anyone, therefore, can get it and spread it— having lice does not mean a person is dirty. Head lice are also not dangerous and do not spread disease.
- It is important to check children often for head lice. If you do find head lice or nits, that child and any very close contacts should be treated. We recommend the 14 day treatment guideline in this brochure. When treating, each person should have their own comb or brush.
- Remember to teach your children not to share brushes, combs, hats, or scarves!
- In addition to shampoo, conditioner, and combing treatments, you will want to vacuum all furniture and empty the bag afterwards.

Treatment Checklist

<input type="checkbox"/>	Day 1 Medicated shampoo And house cleaning	<input type="checkbox"/>	Day 8 Shampoo, condition, and comb
<input type="checkbox"/>	Day 2 Comb ONLY DO NOT WASH	<input type="checkbox"/>	Day 9 Shampoo, condition, and comb
<input type="checkbox"/>	Day 3 Shampoo, condition And comb	<input type="checkbox"/>	Day 10 Medicated shampoo
<input type="checkbox"/>	Day 4 Shampoo, condition And comb	<input type="checkbox"/>	Day 11 Comb ONLY DO NOT WASH
<input type="checkbox"/>	Day 5 Shampoo, condition And comb	<input type="checkbox"/>	Day 12 Shampoo, condition, and comb
<input type="checkbox"/>	Day 6 Shampoo, condition And comb	<input type="checkbox"/>	Day 13 Shampoo, condition and comb
<input type="checkbox"/>	Day 7 Shampoo, condition And comb	<input type="checkbox"/>	Day 14 Shampoo, condition and comb

14 Day Treatment Guidelines

- * Treatment is to kill the lice and their eggs (nits) so that you will no longer have head lice. Items needed to do this are the head shampoo for lice, a nit comb, and hard work on your part.
- * Day 1: Use the medicated shampoo that the doctor has ordered or an over-the-counter shampoo that you have purchased. Shampoo as directed using the nit comb to comb your hair.
- * Day 2: COMB the hair from the scalp to the end of the hair for 15 minutes. Do NOT wash the hair today.
- * Days 3-9: Wash the hair with regular shampoo and apply conditioner. Wipe the comb on a paper towel after each stroke of your hair. Comb for 15 minutes and then rinse out the conditioner. Wash the comb with hot soapy water and rinse the soap out.
- * Day 10: Use the medicated shampoo on your scalp again. Comb the hair after you shampoo.
- * Day 11: Do not wash the hair today. Comb the hair from scalp to the ends of the hair for 15 minutes.
- * Days 12-14: Repeat the procedures for days 3-9.