

## Additional Tips

\*Check all family members, but **ONLY** treat those that have live lice or have nits (and have not been previously treated). Soak combs and brushes in a solution of the lice shampoo for 1 hour, or in very, very hot water 5-10 minutes after each use and between people.

\* Only ordinary house cleaning, vacuuming, and washing bedding and clothes in hot water are needed. No special effort or sprays are needed to clean your home. Only dead or dying lice are found on clothing, bedding, or furniture.

\*Use of oils, mayonnaise, lotions, creams, and vinegar has not proven effective; kerosene, gasoline and similar products do not work and are dangerous.



## What if treatment does not work?

Reasons:

- 1.) **Wrong diagnosis-** dandruff, hair products, dust, and other objects can seem like nits (the white eggs) and other insects can look like lice
  - 2.) **New lice-** child got head lice again from playmate or family member
  - 3.) **Timing-** the lice may take a few days to die: nits alone do not mean the child still has lice, look for crawling lice
  - 4.) **Poor treatment-** directions on the treatment product were not correctly followed
  - 5.) **Resistance to treatment-** some lice are not killed by the chemicals in the over-the-counter treatments (permethrin and pyrethrin)
- After the 14 day treatment, if crawling lice are still present, contact your personal physician who may recommend a prescription treatment for lice.**

For more information visit:

[www.cdc.gov/ncidod/dpdparasites/lice/](http://www.cdc.gov/ncidod/dpdparasites/lice/)



## What About School?

According to Texas Law, a child must be sent home from school if live lice are found in the hair. They will be allowed to return to school after one medicated treatment has been given, and the child has been examined by the school nurse to determine no live lice remain. It is the parent's responsibility to remove all nits and retreat. The Nurse will recheck at the end of 14 days to determine efficacy of treatment.

## GETTING RID OF HEAD LICE



## Simple 14-Day Treatment Schedule and Information on Head Lice



**EANES ISD**  
AUSTIN, TEXAS

## Facts about Head Lice:

**What Does Head Lice Look Like?** Since adult lice are the size of a sesame seed (2-3mm), head lice can be seen by the human eye. They live in human hair, draw blood from the skin, and lay eggs (called nits) on the hair shaft. Live nits are found less than ½ inch from the scalp and most often on hair at the back of the head in the neck region. You may see a rash on the back of the neck or scalp. Some children with lice complain of itchiness but many have no symptoms.

**How Do You Get Head Lice?** Head lice will spread as long as children play together. They spread almost completely through human hair to hair contact. Lice do not hop, jump, or fly, and pets do not spread lice. Sometimes sharing combs or hats with a louse infested child can spread lice. Head lice are NOT a sign of being dirty. Head lice are not dangerous and DO NOT spread diseases.

**How Do You Get Rid Of Head Lice?** PARENTS are the KEY to looking for and treating head lice. The Texas Department of State Health Services advises parents to check each family member's hair once a week. Persons with nits within ¼ inch of the scalp or live lice should be treated using an over-the-counter medicated head-lice shampoo (See 14 Day Treatment Guidelines).

Treatment: The Texas Department of State Health Services recommends a 14 day treatment process. You may use over-the-counter products. They are safe and not costly. Mark your calendar to help you keep



Lice at various stages of their life cycle

### Treatment Calendar

- |  |   |
|--|---|
| <input type="checkbox"/> <u>Day 1</u><br>Medicated Shampoo           | <input type="checkbox"/> <u>Day 8</u><br>Shampoo, condition and COMB  |
| <input type="checkbox"/> <u>Day 2</u><br>COMB only<br>DO NOT WASH    | <input type="checkbox"/> <u>Day 9</u><br>Shampoo, condition and COMB  |
| <input type="checkbox"/> <u>Day 3</u><br>Shampoo, condition and COMB | <input type="checkbox"/> <u>Day 10</u><br>Medicated Shampoo           |
| <input type="checkbox"/> <u>Day 4</u><br>Shampoo, condition and COMB | <input type="checkbox"/> <u>Day 11</u><br>COMB only<br>DO NOT WASH    |
| <input type="checkbox"/> <u>Day 5</u><br>Shampoo, condition and COMB | <input type="checkbox"/> <u>Day 12</u><br>Shampoo, condition and COMB |
| <input type="checkbox"/> <u>Day 6</u><br>Shampoo, condition and COMB | <input type="checkbox"/> <u>Day 13</u><br>Shampoo, condition and COMB |
| <input type="checkbox"/> <u>Day 7</u><br>Shampoo, condition and COMB | <input type="checkbox"/> <u>Day 14</u><br>Shampoo, condition and COMB |

### 14 Day Treatment Guidelines

- The treatment days are scheduled to interrupt the life cycle of the insect. A nit comb should be used to comb the hair and can be bought at most pharmacies.
- Day 1—Use an over-the-counter medicated head-lice shampoo containing pyrethrin or permethrin. Read and follow all directions on the shampoo.
- Day 2—COMB hair carefully for 15 minutes from the scalp to the end of the hair. Do not wash hair today.
- Day 3-9—Wash the hair using your regular shampoo. Rinse. Apply hair conditioner to make the hair slippery. COMB the hair the entire length from the scalp to end of hair. Wipe the comb between each stroke with a paper towel, which removes any lice or nits. Keep hair wet while combing. COMB all hair for at least 15 minutes.
- Day 10—Use an over-the-counter medicated head-lice shampoo. (to kill any lice that hatched since the previous medication use) Read and follow all directions on the shampoo.
- Day 11—COMB hair carefully for at least 15 minutes from the scalp to the end of the hair. Do not wash hair today.
- Day 12-14—Wash the hair using regular shampoo. Rinse. Apply hair conditioner to make the hair slippery. COMB the hair the entire length from the scalp to the end of hair. Wipe the comb between each stroke with a paper towel, which removes any lice or nits. Keep hair wet while combing. COMB all hair for at least 15 minutes.