

Checklist for Elimination of Head Lice

1. Complete either a recommended pesticide treatment (e.g., Nix) or an oil-based treatment (olive oil, mayonnaise, or Vaseline) of the hair and scalp. See the attached sheets, "Pesticide Treatment Products," and "Oil Based Treatments."

2. Remove lice and pick nits from the scalp. This is the most important activity in lice treatment! If you do not pick nits regularly, nothing else you do will work. See the attached sheets, "How to Pick Nits in 12 Easy Steps!"

(Nit combs: There are many nit-removing combs available, but the ones found in boxes of lice treatments (Nix, Rid) are NOT effective. Two that work very well are the LiceOut comb and the LiceMeister comb.)

3. Sanitize all combs, brushes, barrettes, detachable helmet pads, and any other objects that have contacted the hair and neck. To sanitize, soak these items in 1/4 cup bleach to 1 quart cold water for 1 hour.

4. Wash all sheets, pillowcases, mattress pads, bedspreads, pajamas and towels in hot water and dry in a hot dryer.

5. Wash all recently worn clothing including coats, scarves, and hats in hot water and dry in a hot dryer.

6. Collect all non-washable items such as blankets, bed pillows, afghans, stuffed animals, etc. and either dry-clean or seal in a garbage bag for two weeks. You may also place the

sealed bag in a freezer for 12 hours or place outside, if below freezing, for 12 hours.

7. Vacuum all mattresses, chairs, couches, sofa pillows, and the floor. Vacuum the car and child's car seat. Remove the vacuum bag and place in the outdoor garbage.

8. Wash all hard surfaces that have had contact with hair and neck (kitchen chairs for example) with soap and hot water.

9. Restrict your child from entering friends' homes that you suspect are infested with head lice. Restrict you child's friends from entering your home while they are infected.

This treatment/prevention program is approved by the Benzie/Leelanau Public Health Department.

Pesticide Treatment Products

There are head lice treatment products called pesticides that may kill lice on contact. Pesticides are toxic products, which if used improperly, may cause side effects. Always carefully follow the instructions on any head lice treatment product!

ATTENTION

**Pregnant women, children under two years old, and persons with allergies!
Consult your doctor before using any pesticide treatment product!**

There are currently 3 types of head lice pesticides:

1. Pyrethrum
2. Permethrin
3. Lindane

Case reports suggest that head lice are becoming increasingly resistant to pesticide products. Using several different products does not increase effectiveness but may only increase side effects.

**Even if you choose to use a pesticide product,
you must continue to pick the nits twice a day for two weeks!**

Pyrethrums

These pesticides usually kill lice on contact but have no long-lasting effect on lice that may hatch later.

Pyrethrum Shampoos

Rid®
Clear®
R&C®

Pyrethrum Cream Rinses

Pronto®
End Lice®

Tips for using these products (pyrethrums):

- Always carefully follow the instructions on any head lice treatment product.
- If you see lice moving 10 minutes after the treatment, do not assume the treatment did not work.; It may take up to 20 minutes after a treatment for lice to die.
- Using treatment products more often than recommended can cause serious side effects. Remember, these are pesticides!
- One treatment will not kill all of the lice. You must continue to check the hair and pick the nits. Do not reapply any pesticide product for at least seven days after the first pesticide treatment.

