

LICE REMOVAL: Lice and lice eggs must be removed from everyone in the household and from the house at the same time to stop the lice infestation.

Step 1

Check the head of everyone in your household every day until no live bugs or lice eggs (nits) are found on any household member for 14 days in a row.

Head checks include searching closely and thoroughly for live bugs and lice eggs, called nits. Using a good light source is extremely important (natural sunlight is the best) while checking the hair, section by section, especially around the ears, nape of the neck and crown. Lice eggs can be tiny and more difficult to see the lighter the hair color.

Step 2

Shampoo the hair:

- Use a special shampoo formulated to kill the live lice.
- Follow ALL directions on the packaging.
- Lice killing shampoos contain pesticides. Pesticide use can be minimized by following the entire set of instructions at the same time so that the infestation does not return.
- Shampooing alone will not eliminate the lice infestation. You must remove the lice eggs, called nits and keep removing them for 14 days.

Remove all lice eggs, called nits:

- Removing with a fine-toothed NIT comb.
- Remove remaining nits with your finger nails.
- After removal, take out any trash, paper towels and/or launder towels used in the nit removal process.

Step 3

Remove Lice from your home and car

You must break the cycle of lice hatching and feeding to eliminate lice from your home. You must kill the lice and remove the lice eggs (nits) off of anything that was used by an infested person within the last 48 hours.

- You can kill the lice by bagging it up in a sealed plastic bag or bin for 14 days in a row without opening. This works great for stuffed toys, non-washable items..
- You can kill lice and nits by washing clothing and bedding, used in the last 2 days, using HOT water and the HOT air dry cycle.
- You can kill lice and lice eggs (nits) from hard surfaces, such as combs and brushes in hot water and soap.
- You will need to vacuum the places where your child (or anyone else in the home who has lice) usually sits or rests their head (couch, chairs, rugs, car seats, etc.). You will also need to completely remove the vacuum bag, filter and dirt from your home after you vacuum. If you leave the dirt or bag in a closet or trash can, the lice can hatch and crawl out and into your home again.

Time Saving Tip: As you can tell, getting rid of lice from your home, your car and every person in your household at the same time takes a great deal of time, energy and money. Many parents have found it to be equally effective and more manageable if they are able to completely close the bedroom door and not go into the space for 14 days. By moving their child to a sleeping bag or air mattress in another room for 14 days, you do not have to clean the child's room. After 14 days you can bag up the sleeping bag, air mattress, and items used in the temporary sleeping area and return your child to his/her room. This will only work if no one has gone into the room to provide the lice another feeding source.

Your efforts at home are the only way to completely control the spread of head lice in our school. We realize treating head lice can be a daunting and expensive task. Some of the resources we can assist you with through our support system include: laundry vouchers, pesticide shampoo and nit/lice egg removal combs. If you have questions or need additional assistance, please contact the Health Assistant at Davis Elementary or visit:

<http://www.mesd.k12.or.us/shs/hss/Head%20Lice%20Resources/headliceresourcesindex.shtml> for additional resources.