

10 Steps to Staying ahead of Lice

1. Watch for signs of head lice, such as frequent head scratching. Anyone can get lice...mainly by head-to-head contact but also from sharing hats, brushes, and headrests.
2. Check all family members for lice and nits (lice eggs), at least once a week. Natural light and a magnifying glass may be helpful.
3. Only those family members who do have lice should be treated, but they should be treated at the same time, so they won't reinfest each other.
4. Consult your pharmacist or physician before applying or using pesticides when the person involved is pregnant, nursing, has allergies, or has lice or nits in the eyebrows or eyelashes. *Never use a pesticide on or near the eyes.*
5. Follow package directions carefully. Use the product over the sink, not in the tub or shower - so as not to expose your whole body to the pesticide. Keep the eyes covered.
6. Remove all nits. Complete nit removal assures the individual's total lice treatment. You can do this with a special lice comb, safety manicure scissors or your fingernails.
7. Wash bedding and recently worn clothing in hot water and dry in hot dryer. Combs and brushes may be soaked in hot (not boiling) water for 10 minutes.
8. Do not use lice sprays. Vacuuming is the safest and best way to remove lice or fallen hairs with attached nits from upholstered furniture, mattresses, rugs, stuffed animals and cars eats.
9. Continue to check heads on a regular basis; lice infestation is much easier to treat if caught early.
10. When you find a case of lice, notify your child's school, camp or child care provider. Notify neighborhood parents. This is the best way to protect your family and community.