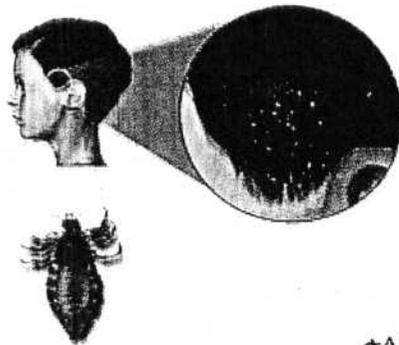


How to Treat Head Lice

There are many over the counter and prescription shampoos, cream rinses or lotions that can be used to kill lice. Medicated treatments usually will kill the live lice and the nits. Even though the nits may be killed by the medicated rinse it is critical to pull the nits out of the hair one by one. If the nits are left in the hair there is the potential that they will hatch and a re-infestation of lice can occur. Since lice can be problematic to get rid of it is very important to follow the directions exactly as indicated on the package. You may have to repeat the treatment 7 to 10 days later to kill any newly hatched lice.



★ADAM

How to Prevent a Re-infestation

To prevent head lice from re-infesting your child or another member of the family there are a few steps that need to be taken.

1. Wash all linens and clothes that have been recently used in hot water (130° F) then put them in the drier for 20 minutes on hot.
2. If you have things that cannot be washed or dry cleaned (such as stuffed animals) place them in an air tight plastic bag for 2 weeks.
3. Vacuum carpets and upholstered furniture (including your car).
4. Soak hair care products in rubbing alcohol or medicated shampoo for at least 1 hour.

Dos and Don'ts of Head Lice

DON'T use a hair dryer on hair after a treatment!

DON'T use a cream rinse or shampoo/conditioner combination before using the treatment medication.

DON'T wash your child's hair for a day or two after using the medicate rinse.

DON'T use the same medication more than 3 times.

DON'T use more than one head lice medication at the same time.

DO check your child's head for live lice and nits frequently for 2 to 3 weeks.

DO seek medical care if lice last for more than 2 weeks.

DO check other members of your family.

DO discard hair care items or soak them in rubbing alcohol for 1 hour.

Myth VS Fact

Myth: Only dirty children get head lice.

Fact: Head lice do not have anything to do with personal hygiene.

Myth: You can catch lice from animals.

Fact: Head lice can only live on humans.

Myth: Head lice only affect children.

Fact: Head lice can affect anyone, but are more common in children.

Myth: Head lice can fly, hop and jump.

Fact: Head lice cannot fly, hop or jump.