

Macon County School Health Services

LICE FACT SHEET

ONE female louse lays 10 nits (eggs) per day. These NITS hatch within 7-10 days on or off a person and can LIVE up to 24 hours off a person.

REMOVAL OF NITS (This does not kill lice):

1. A vinegar soak may help loosen nits. DO NOT USE VINEGAR IF YOU use NIX. (This eliminates the lice killing properties of the product.)
 - a. Mix 1 quart vinegar and 1 quart water.
 - b. Wet large towel in vinegar solution.
 - c. Wring out towel, take excess and comb thru hair, then wrap towel around head.
 - d. Leave towel on head for 2 hours.
 - e. Remove towel and then remove nits.
2. Separate hair into small sections and comb each section separately
3. Comb hair when damp or dry, not wet.
4. Comb each day for up to seven days to remove all nits (You may have to pull nits off with your fingertips) .

TREATMENTS (All family members must be treated at the same time):

1. NIX (permethrin) is a cream rinse used to treat head lice.
 - a. Use only BABY SHAMPOO for 2 weeks following treatment with NIX. All other types of shampoos will eliminate the lice killing properties of the product.
 - b. DO NOT use a VINEGAR rinse to help remove nits following the application of NIX.
2. RID (pyrethins) must be applied to dry hair to be effective.

HOME TREATMENT:

1. Wash all clothes, bed linens & towels in hot water (greater than 130 degrees). Dry on hot cycle for at least 20 minutes.
2. Cover mattress, pillows, stuffed animals, and dolls with hair with plastic bag for 2 weeks even after washing, drying, and/or spraying.
3. Vacuum carpets, couches, chairs, and automobiles daily and discard the vacuumed contents promptly.