

Ways to Kill Head Lice

NOTE: Home remedies, such as baby oil or olive oil, do not work. They may “stun” the lice for a while, but they may come recover. Also tea tree oil or other natural products do NOT prevent lice.

The following are the recommended treatments for lice that DO work, in order of how well they work/cost, according to the National Guidelines Clearing House, CDC and the Harvard School of Public Health

Try One of These **First** (available at Lovelock Pharmacy, Safeway and the Dollar Store)

- **NIX**, also known as **permethrin** (it works well and has low side effects)
 - Slightly recommended over Pyrethrin (below)
 - Apply to dry hair and scalp for 10 minutes then rinse off.
 - Permethrin remains in the hair after shampooing out, so newly hatched nymphs *may* be killed.
 - **Use again 7-10 days later to make sure you kill any newly hatched lice.**
 - Remove all nits by wet combing. Add cream rinse to help with coming. Cream rinse does NOT kill lice.
 - OK for use on children 2 months of age and older
- **RID, A-200, Pronto**, or generic versions of **Pyrethrin**-(easy to find, usually works well and low side effects)
 - Apply lotion to hair that is already shampooed and then towel dried, leave on for 10 minutes, then rinse off.
 - These do not kill the nits (eggs). **You must use again in 7-10 days to kill any new ones that hatch.**
 - Remove all nits by wet combing. Add cream rinse to help with coming. Cream rinse does NOT kill lice.
 - OK for use on children 2 years of age and older.

Try **these** if the above ones don't work after two times, (need to see the doctor)

- **Sklice**
 - Apply lotion to dry hair. Leave on for 10 minutes.
 - Does not kill nits (eggs) but does keep newly hatched lice from surviving
 - Usually only one time treatment is required
 - OK for children age 6 month and older
- **Natroba**
 - Apply lotion to dry hair. Leave on for 10 minutes.
 - Kills both lice and eggs (nits)
 - Treat again, if necessary, in 7 days only if crawling lice are still seen
 - OK for children age 4 years and older
- **Ulesfia lotion**
 - Apply lotion to dry hair. Leave on for 10 minutes
 - Kills lice but not eggs (nits). **You must use again in 7-10 days to kill any new ones that hatch.**
 - OK on children age 6 months and older.

If the above ones do not work, then consider **this** one

- **Ovide**
 - Apply lotion to dry hair, leave in 8-12 hours
 - Kills lice and some eggs. Use again if you still see some lice 7-10 days after first treatment
 - Can be irritating to the skin, and is flammable, so no smoking or using of electrical sources while the hair is wet.
 - OK for children 6 years of age and older.

Other ways to get rid of lice

- Combing of wet hair using a conditioner of choice and a fine-tooth louse comb
 - Use this for children UNDER the age of 2 years of age
 - Comb every 4 days over entire head for 2 weeks. Comb on days, 1, 5, 9 and 13 to break the life cycle
 - **This does not kill the lice**, but you remove them and their eggs by combing.
 - Metal lice combs work much better than plastic ones.
- Cleaning the ENTIRE HOUSE is NOT necessary and does not help get rid of lice. Wash clothes and bed linen that has touched the child with lice in the last 48 hours. Vacuum floors and couches the child has been on. That is enough.

