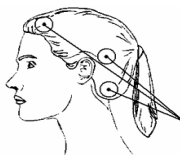


What Do I Do If I Find Lice?

- **Step 1 - Check all family members in the household.**

Begin by checking around the ears, forehead and the nape of the neck.



- **Step 2 - Treat only family members who have lice or nits with a safe and approved head lice product or treatment.**

Talk to a pharmacist about **treatment choices** and **whether a drug plan may cover some of the cost**. Make sure you read the directions and then **follow them carefully** to avoid treatment failure.

See a doctor or nurse practitioner about the choices for treatment if:

- pregnant or breastfeeding
- child is less than two years of age
- skin of the scalp is broken or infected
- skin allergies or other skin conditions are present
- allergic to ragweed, chrysanthemum which may result to allergies to some products used to treat lice
- lice are found on eyebrows, eyelashes or beard.

- **Step 3 - Nit Removal**

- This is a lengthy process. Get your child focused, perhaps on a movie, and then begin.
- After treatment use good lighting and comb hair with a regular comb to remove tangles.
- Use a nit comb or fingernails to strip **all nits and lice** from hair.
- Work from one side of the head to the other, separating hair into small sections.
- Using a toothbrush, clean the nit comb of nits and lice after each strand. Put them in a bag that can be sealed and thrown away.
- Continue to check for nits daily until the second treatment is applied.

Remember to spend 5 minutes a week checking your family.

Prevention is easy:

**Catch it early -
Control the spread of lice!**

- **Step 4 - Household**

Lice and nits can survive for a short period of time away from the scalp.

To prevent lice from coming back:

- items such as clothes, hats, scarves, towels, sheets, pillowcases, etc. that come into contact with your child's head need to be washed in hot water and dried on the hot cycle for 20 minutes.
- items such as pillows and stuffed animals that cannot be washed, can be sealed in a plastic bag for 2 weeks or dry cleaned.
- soak combs and brushes in hot, soapy water overnight.
- vacuum furniture, mattresses, rugs, adult and child car seats including the head rest. It is suggested that the back of furniture be vacuumed daily until problem is clear.
- **It is not useful or recommended to spray the household with insecticides or commercial lice sprays.**

Common Reasons for Treatment Failure

- Nits are not removed.
- Full treatment plan is not completed.
- Bedding is not changed.
- Improper use of Head Lice shampoo (e.g. not fully covering the head with head lice shampoo).
- Not all members of a household or close contacts. (e.g. friends) are checked for head lice.

Another Possible Treatment for Head Lice - You need to:

- Soak dry hair with a solution of 50% oil and 50% vinegar. (Mineral oil has less of an odour than other vegetable oils, however, any vegetable oil will work.)
- Cover the hair with plastic (saran wrap or shower cap) for approximately one hour. **Never** leave saran wrap or shower cap on child overnight.
- After one hour, wash the hair several times with regular shampoo to get all the oil out.
- Use a fine-tooth comb soaked in vinegar to remove the nits from the hair shafts. (Refer to Step 3: Nit Removal).
- Follow Step 4: Household, under **What do I do if I find lice?**

This process may be repeated as often as needed as there are unlikely to be any side effects from this home remedy.

Where to go for additional help or information:

- Please consult the brochure on "How to Identify and Prevent Head Lice".
- Please call your family physician, local pharmacy, or child's school.
- Please visit the following websites:

Canadian Pediatric Society:

<http://www.caringforkids.cps.ca/whensick/HeadLice.htm>

Motherisk, The Hospital for Sick Children:

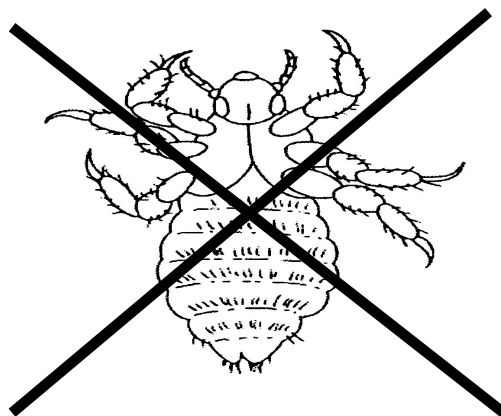
<http://www.motherisk.org/women/idrugs.jsp>

Information provided by Kingston Head Lice Community Coalition

"Working together to develop and share information about head lice"

If you are interested in joining the Kingston Head Lice Community Coalition to share information about this important topic, please call Kingston Community Health Centres at 613-542-2949 or e-mail info@kchc.ca

How to Treat Head Lice



(Not actual size)

IMPORTANT

No product on the market today kills all nits.

A 2nd application in 7 to 10 days is needed to kill lice and complete the first treatment.

DO NOT USE gasoline, Varsol, Kerosene, lamp oil, motor oil, or any flammable solvents as a treatment for head lice.



If the first treatment fails, seek advice from your Doctor, Pharmacist, or Nurse Practitioner for other possible treatments.

Kingston Head Lice Community Coalition does not endorse any product or service.

Revised May 5, 2009