

INSTRUCTIONS FOR TREATMENT AND CONTROL OF HEAD LICE AND NITS

- **Use a pediculicide** lice shampoo such as Rid (non-prescription), or R&C (non-prescription). You might want to ask your doctor or pharmacist for recommendations. Follow directions on the bottle **exactly**. Nix, a non-prescription lotion is also effective and does not require a second treatment. **Do NOT use flea shampoo or gasoline. These are very dangerous and not proven to be effective.**
- Repeat pediculicide (lice) shampoo treatment of the hair in 7 to 10 days (depending upon the pediculicide used) to assure that if any nits have hatched, the new lice will be killed before they can lay more eggs.
- **Comb out the nits:** Using a good metal nit comb or your fingernails, comb the hair section by section and remove each nit.
- **Clean environment:** To address this problem household cleaning should be done on the same day as the child's treatment.
- Soak combs and brushes for one hour in a pediculicide lice shampoo or five to ten minutes in hot water (130°), or isopropyl alcohol.
- Change into freshly washed clothes after treatment.
- Change and wash all sheets, pillowcases, and blankets in hot water and machine dry on hot setting.
- Wash all previously worn clothes, coats and hats.
- Vacuum rugs, carpets and upholstered furniture, including the upholstery in the car.
- Pillows, stuffed animals or non-washable items must be either dry cleaned, washed, sealed in a plastic bag for 7 days or placed in a dryer for 20 minutes of hot air.