



How to get rid of lice

Keep in mind lice eggs (nits) take a week to hatch and another week to mature. The process of *effectively* getting rid of lice takes about three weeks.



1. On the day you get the news that your child has lice, treat your child's hair with an over-the-counter lice treatment shampoo, using the instructions that come with the product.
2. Use a nit comb, or better yet, your fingernails, to physically remove nits from the hair. Make sure you are sitting in a well-lit area. Taking a very small section of hair at a time, look for nits (white/tan in color, the size of a sesame seed, firmly adhered to the hair close to the scalp), and physically remove. Do this every night for several weeks. *It is important to note that manual removal of nits does most of the lice removal work.*
3. Re-apply lice treatment shampoo 7 days after the initial treatment. Remember there is no shampoo that kills all of the eggs. *If even one egg is left, which is likely, it will hatch and has to be killed before it is mature enough to lay new eggs.*
4. Continue physically removing the nits, daily, for 3 weeks.
5. Tie hair back for school and playdates.
6. After three weeks of diligently using this method, if your child still has lice, or nits that are ½ inch or less from the scalp, it is time to tell your child's doctor.

***If you are opposed to chemically treating your child's hair or the above method has failed, here is a resource for an alternative treatment regimen: <http://www.headliceinfo.com/freemovies/>

On the first day you treat for lice:

1. Wash all bedding, pillows and clothing, used in the past week, on HOT and dry on HOT for 30 minutes.
2. All things that come into contact with the hair that cannot be laundered (stuffed animals, helmets, hats, etc) should be tied up very tightly in plastic garbage bags and set aside for two weeks
3. Vacuum areas where the affected person's head touches regularly (car, couch, bed, etc.)
4. Soak all hair brushes and combs in vinegar for 30 minutes or boil them in water for 10 minutes.
5. Things used to secure hair should be tied tightly in plastic bags and set aside for two weeks.
6. Examine all people living in the same house and treat those found with lice, as well as people that sleep in the same bed or have frequent head-to-head contact with the child who was found with lice. Not all people who have lice have the telltale itch.
7. Notify friends and family that have had close contact with your child in the past 3 weeks.

One week later:

1. The day of treatment #2, wash all bedding, pillows and clothing that has been used in the past week on HOT and dry on HOT for 30 minutes.
2. Soak all hair brushes and combs in vinegar for 30 minutes or boil them in water for 10 minutes.
3. Continue physically removing nits for 2 more weeks.

Two weeks later:

1. Continue physically removing nits daily for 1 more week.

BEING ATTENTIVE FOR THREE WEEKS WILL PAY OFF

But you probably won't be able to stop looking for nits...

