

FOLLOW THESE STEPS FOR TREATING HEAD LICE:

1. **Follow the directions for the lice treatment product carefully.** Use the product over the sink, not in the tub or shower. Always keep the eyes covered.
2. **Remove all nits.** This seems to be the key to successful lice/nit removal. The nits can be loosened using a mixture of half vinegar and half water. Apply the mixture to the hair and keep your child's hair under a towel wrap for 30 minutes. Section the hair into very small sections so no nits can't be missed. Remove all nits by using a lice comb, finger nails, or cut the infected strand of hair off using safety scissors. Do not leave any nits attached as they will not leave on their own, you must evict them. Take your time as this is a very slow process. Also it is recommended to do this in the evening and in the morning before school for several days to make sure all nits have been removed. If you are not sure you can recognize the nits then please ask for help. The National Pediculosis Association recommends a lice comb called the LiceMeister that can be ordered over the internet or ordered by phone 1-888-542-3634, toll free. The cost is about \$15.00 each plus shipping and handling. These combs are good for removing the nits and adult lice.
3. **Clean and vacuum:** This is the only way to remove all lice and nits from your living environment. Wash all clothing, including jackets, coat and hats, and bed linen items in the washing machine on the hot cycle and then dry in the dryer on the hot cycle. All washable items should be soaked in hot water, 150 degrees for at least 5 minutes. Non-washable items including stuffed animals and back packs should be tumbled in the dryer for approximately 30 minutes on the hot setting or placed in airtight plastic bags for about 2 weeks. Vacuum all carpets, sofas, and car interiors, thoroughly and frequently.