

WHAT TO DO IF YOUR CHILD HAS HEAD LICE

Don't panic or get embarrassed! Anyone can get head lice. Head lice are transmitted through close personal contact or through use of shared combs, brushes, curlers, hair accessories, hats, sleeping bags, headphones, etc.

1. Check your child's head to be sure you know what the nits look like.
2. Check the heads of everyone in the household. Treat all affected members. Note: Head lice survive only on humans, and **do not** affect family pets.
3. Use a lice product available at drugstores and supermarkets. Follow the directions **exactly**.

NOTE: If you are pregnant or nursing a baby, call your doctor before using a lice product. Never use a lice product on a child under two (2) years of age.

4. Nits stay on the hair after treatment. **This is important!** They all must be removed using a special lice comb or fingernails. Re-applying shampoo or rinsing with vinegar will not loosen the nits. **STUDENTS WILL NOT BE RE-ADMITTED TO SCHOOL UNLESS THEY ARE COMPLETELY FREE OF NITS.**
5. Wash all clothes, jackets, hats, and scarves, towels, bed linen (including pillows, blankets, quilts) in hot water and dry them in a hot dryer. Do not hang the wash to dry. It is the heat that kills, not the laundry product.

Items that cannot be washed should be dry cleaned.

Other items that cannot be washed or dry cleaned (stuffed animals, etc.) should be placed in a clean plastic bag and tied shut for 10 to 15 days.

6. Soak all brushes, barrettes, scrunchies and headbands in hot, soapy water for 10 minutes.
7. Vacuum thoroughly mattresses, carpets, and furniture. Throw away vacuum cleaner bag immediately, and replace it with a new one.

A FINAL NOTE:

If your child has head lice, tell the school or day care center. Tell the parents of your child's playmates, so that everyone can work to keep this problem under control.

Head Lice are treatable and can be eliminated once they are discovered.