

DEPARTMENT OF SCHOOL HEALTH SERVICES
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SUGGESTIONS FOR TREATMENT OF HEAD LICE

1. Speak to your healthcare provider about prescription treatment of head lice. If you choose to purchase a nonprescription lice shampoo at the drug store, **follow the product directions exactly** unless your health care provider has instructed you differently.

- Shampoo head over the sink, not in the tub or shower.
- Do not use a cream rinse or combination shampoo/conditioner before using lice medicine.
- Do not re-wash hair for 1-2 days after treatment.
- Read product directions about when to do a follow-up treatment.

2. **After shampooing, it is most important to remove all lice and nits (eggs).**

- Separate hair into small areas. While hair is wet, use an official fine-toothed lice comb to remove all lice and nits from the scalp and hair. Remove remaining nits with fingernails (then wash hands and nails well).
- Recheck hair for nits after drying, and remove as above.
- After treatment, check and wet-comb hair every 2-3 days to be sure that all nits and lice are gone. Continue to check your child's head frequently for 2-3 weeks and then weekly thereafter for lice and nits.

3. **Treat the house.**

- The risk of getting a new case of lice from a louse that has fallen onto a carpet or furniture is small. You may choose to do the following as an added precaution:
- Vacuum the places where the infested person usually sits or rests their head.
- Wash clothing in hot water, and dry using the hot air cycle. Lice are killed when exposed to temperatures greater than 128°F.
- Remember the car: vacuum the inside, seats, and headrests.
- Discard the vacuum cleaner bag in the garbage outside.
- Items that cannot be washed can be dry cleaned or sealed in plastic bags for 1-2 weeks.

ADDITIONAL TIPS FROM YOUR SCHOOL NURSE

- The best way to prevent head lice is to avoid activities that encourage head-to-head contact.
- Do not share personal items like hats, scarves, hair accessories, or brushes.
- For a new case of lice, check everyone in the house. Treat only those with live lice, and treat all who are affected at the same time.
- Fumigation or the use of sprays is not recommended, is not effective, and can cause health problems.
- Lice killing products are not recommended for children under the age of 2.
- Do not use lice killing products more than 2 times in a three month period unless directed to do so by a healthcare provider.