HEAD LICE SHAMPOO TREATMENT

Remember that no shampoo treatment will be 100% effective! Follow the direction of your doctor or pharmacist in choosing a head lice shampoo.

TIPS THAT WILL HELP

1. Shampoo with a regular shampoo first.
   Use a shampoo without a conditioner. Good choices would be Prell, baby shampoo or dish soap.

2. After this shampoo, use a VINEGAR RINSE to loosen eggs/nits.
   Using a cup of vinegar, rub thoroughly into hair. Wrap head with a warm towel for 15 min.

3. Rinse hair with warm water. Comb out eggs/nits using a good metal nit comb.

4. Apply head lice shampoo TO DRY HAIR.
   Start at scalp and work to the ends of the hair. Leave on for the full time recommended in directions. Rinse out with water ONLY! Do not apply any other solutions to hair.

5. SECOND NIT REMOVAL
   Again, comb small sections of hair with nit comb. Removing all remaining nits.

6. REPEAT THIS SAME PROCESS IN 7 DAYS.
   This will help break the egg hatching cycle.

7. DO HOUSEHOLD CLEAN UP THE SAME DAY.
   Refer to section on Household Clean up Tips

8. Child may return to school 24 hours after treatment.

MAYONNAISE TREATMENT FOR HEAD LICE

Because of the resistance some head lice have developed to head lice shampoos, many doctors and clinics have begun to encourage the "Smother Technique". Also, there is growing concern that repeated use of head lice shampoos can be dangerous and unhealthy for children.

The purpose of the "Smother Technique" is to "smother" the louse. It has also been found that nits appear to come off easier after a mayonnaise shampoo.

Success of this treatment depends on the close attention to the application instructions and diligent follow up of the treatment.

WARNING: Do not use this treatment if sores are present on the scalp. Refer to your doctor.

DIRECTIONS FOR MAYONNAISE TREATMENT

1. Use only 100 % real mayonnaise, not low-fat, fat-free or even salad dressing like Miracle Whip.

2. Apply generously to hair, making sure all the hair is well saturated.

3. Cover the hair with a plastic wrap or a shower cap for at least 2 1/2 hours.
   (WARNING: Do not leave child alone while wearing plastic wrap or shower cap.)

4. Rinse out with warm water.

5. COMB OR PICK OUT ALL NITS. Mayonnaise does not kill the nits. If left on the hair, they will continue to hatch! (See section on Tips for Nit Removal and Combing).

6. Hair can now be shampooed with a regular shampoo, if desired.

7. REPEAT THIS SAME PROCESS THE NEXT DAY AND EVERY FOUR DAYS FOR 3 WEEKS.

8. DO HOUSEHOLD CLEAN UP THE SAME DAY.
   Refer to section on Household Clean up Tips

9. Child may return to school after the second treatment and all nits have been removed.

OLIVE OIL TREATMENT

The Olive Oil Treatment is another choice to use if you opt to go with the "Smother Technique". Like the Mayonnaise Treatment, success of this treatment depends on close attention to application instructions and diligent follow-up. Olive oil smothers and kills active head lice only. IT DOES NOT AFFECT THE EGGS/NITS.

DIRECTIONS FOR OLIVE OIL TREATMENT

1. Part hair and apply oil directly to head saturating the hair and scalp.

2. Cover the hair with a plastic wrap or shower cap. Leave on for 8 hours. (It helps to keep the cap in place if a bandana or scarf is tied over it.)

3. Leaving the olive oil in the hair and using a metal nit comb, REMOVE ALL THE NITS from the hair. Refer to section on Tips for Nit Removal and Combing.

4. Wash hair with a regular shampoo.

5. REPEAT NIT REMOVAL STEP WHEN HAIR IS DRY.

6. REPEAT THIS SAME PROCESS THE NEXT DAY AND EVERY FOUR DAYS FOR 3 WEEKS.

7. DO HOUSEHOLD CLEAN UP THE SAME DAY.
   Refer to section on Household Clean up Tips

8. Child may return to school after the second treatment and when all nits have been removed.

 REGARDLESS OF TREATMENT USED, CONTINUE TO CHECK FOR LICE AND NITS FOR AT LEAST 10 DAYS. MAKE IT A PART OF ROUTINE FAMILY HYGIENE.
HEAD LICE

WHEN YOUR CHILD COMES HOME WITH HEAD LICE…

DON’T PANIC!

Believe it or not, there is life after HEAD LICE! Head lice infestations continue to be a problem in most communities. This is often a frustrating problem to deal with. We hope the following information will help you to identify and treat your child for head lice safely and thoroughly.

THE HISTORY:

Head lice have been a parasite of humans since recorded time. Head lice can happen to any one and getting head lice has nothing to do with cleanliness. Head lice do not jump or fly, they “scurry” through the hair. They are usually transmitted by contact with a person who has them or with contact with their clothing. When children come in close contact with each other, it is easy to pass head lice along.

WHAT TO LOOK FOR:

One of the first symptoms of head lice may be an itchy scalp. Most people are not aware of what to look for when checking a child’s head for head lice. Here are some pointers. When examining a head look for:

1) A small insect about the size of a sesame seed. They are usually light brown or grayish in color. They move quickly and do not like light.
2) Nits/eggs may be seen on the hair. Nits/eggs are tiny, greyish-white and oval shaped. They are usually attached to the hair and can be close to the scalp. Unlike lint or dandruff, they cannot be moved readily from the hair.
3) Lice bite and suck blood from the scalp so red marks or scratch marks can sometimes be seen on the scalp and neck.

FOR MORE INFORMATION CALL:

THE HEALTH OFFICE IN YOUR CHILD’S SCHOOL OR THE DISTRICT SCHOOL NURSE @ 333-3176

HOUSEHOLD CLEAN-UP TIPS

Lice do not live off the human head for more than 48 hours. It is unlikely that eggs/nits on hairs that have been shed will hatch since they need the warmth of the body to mature and need a blood feed soon after hatching.

Cleaning activities are best done on the same day of treatment. Clean once, then concentrate on heads!

CLEAN UP CHORES

1. Launder all bedding, towels, and recently worn clothing in hot water and dry in a HOT dryer for 20 minutes. (Remember hats, jackets, favorite stuffed animals or toys).
2. Vacuum upholstered furniture, carpets, car seats, stuffed toys thoroughly.
3. “Bagging” is only necessary for items that cannot be washed or dry cleaned. Place in a plastic bag for 7-10 days.
4. Soak combs and brushes in very hot water for 20 minutes. Remember ribbons, headbands, etc.

COMBING AND NIT REMOVAL TIPS

Regardless of the treatment chosen, NIT REMOVAL is the key to successful head lice treatment. It requires good lighting, the right tools and above all…PATIENCE for both child and parent.

USING NIT REMOVAL PRODUCTS:

Mayonnaise and oil treatments do not require additional nit removal products to loosen the nits.

Vinegar: Use pure or mix with water. Soak hair with solution. Wrap the hair in a damp towel for 30-60 minutes.

CLEAR: (Over-the-counter product for nit removal) Follow directions.

HINTS: Nit combing is best accomplished with hair that is slightly damp or with the oil on it.

GETTING STARTED:

You will need:

A good metal nit comb (some people prefer using their fingernails).

Hair clips are helpful to pin hair back.

Good lighting.

Something to keep child occupied.

COMBING OUT EGGS/NITS:

1. Pin hair into sections.
2. Take a thin section of hair about the width of the comb and starting at the scalp, comb from the scalp to the end of hair.
3. Pin back clean sections of hair as you go.
4. Wipe the comb with a tissue frequently.
5. After the hair has been washed, dried and rechecked, any nits missed in combing must be manually removed.

DO A DAILY LICE AND NIT CHECK FOR AT LEAST 10 DAYS FOLLOWING TREATMENT.

BETTER YET, MAKE IT PART OF YOUR ROUTINE FAMILY HYGIENE.