

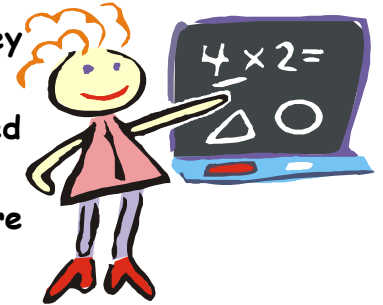
The Do's and Don'ts of Treating Head Lice



DO'S

- 💡 If using a chemical to treat head lice, DO use only products made to treat head lice on people.
- 💡 DO use any treatment only after reading all the directions well.
- 💡 DO use treatment on DRY HAIR.
- 💡 DO keep treatments out of eyes and mouth.
- 💡 DO follow treatment by combing hair well with a lice comb to get out all dead lice and nits.
- 💡 Do comb hair with a lice comb every day for at least 1 week.

- 💡 DON'T buy home and garden insect killing products or shampoo that kills fleas and ticks on animals and put them on hair. They can make people who use them very, very sick.
- 💡 DON'T borrow or use a friend's treatment. Some are prescribed by how much that person weighs.
- 💡 DON'T use more of ANY treatment than the directions say. More medicine does not = better, faster lice killing.
- 💡 DON'T split one treatment between two (or more) children.
- 💡 DON'T use things like alcohol, kerosene, or gasoline. They can easily catch fire and burn the person using them.



DON'TS

Remember: If a product can kill lice, it can hurt you or your kids, if it is not used properly.



Also remember that the best and safest way to get rid of lice and nits is to **COMB, COMB, COMB**. Combing with a good lice comb **EVERY DAY** for 1 to 2 weeks, can remove lice before they mate and remove nits before they hatch.

Adding conditioner or creme rinse to just-shampooed hair will make it slippery enough for a lice comb to go through well. Long hair may need to be cut so that combing can be done more easily.

A strong lamp or bright sunlight should be used while combing so that lice can be seen better and removed.

Wipe the comb with a tissue or paper towel after each pass through the hair. Throw each used tissue away in a bag. Take the bag to the trash right after combing is finished.

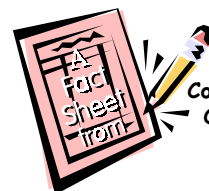
Comb every day even if using a chemical treatment. No treatment kills all nits.

Wash in hot water, or bag for 14 days, household items such as sheets, towels, brushes and hats, at the same time that hair is being combed or treated.

Teach kids not to share hats, coats, scarves, batting helmets, baseball caps, brushes and combs. Anything that touches the head of another child can pass head lice.

Keep children with nits or live lice at home until all nits and lice have been removed or killed. Live lice can move from one child to others in their classroom or day care.

If you have any questions about getting rid of head lice, or if you need more help, call your local county health department, or see your school nurse.



The Oklahoma State
Department of Health
Communicable Disease Division
Oklahoma City, OK 73117
(405) 271-4060
www.health.state.ok.us