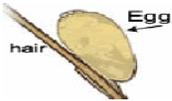


What to do if your child comes home with head lice:

Don't Panic! Anyone – child to adult can get head lice. Head lice are passed from person to person by direct contact or on shared objects (combs, towels, headphones, etc.). *It has nothing to do with cleanliness and does not reflect poorly on you as a parent.* The problem is easily managed by following the instructions below.



1. Check every member of the family. Look for tiny white eggs (nits) on hair shafts, near the scalp, especially at the nape of the neck and behind the ears. Head lice are small grayish-tan insects without wings. Any family member with lice or nits must be treated.

2. Use an effective head lice treatment.

Nix is the most effective non-prescription treatment. Before using this product, shampoo your child's hair. Apply Nix following the directions on the package. The treatment is effective and prevents a reinfestation for 2 weeks. The shampoo does not kill the nits, but if they hatch the bug will die. If your child's hair is very long, then use 2 bottles of Nix. Do not wash your child's hair for 7 days following treatment. Do not use hair products or go swimming. If there are live lice 7 days after treatment, then treat a second time.

3. Remove all nits.

This is the most **important step** in the treatment process. Comb your child's hair with the special nit removal comb. A steel tooth comb will remove nits better than the plastic combs provided in the kit. Comb the hair (especially long hair) in sections removing all the nits that you see.

4. Wash clothes, bed linens and towels.

Use hot water and dry on the hot cycle for at least 20 minutes. Items that are not machine washable must be dry cleaned or stored at room temperature in a tightly sealed bag for at least 2 weeks. Items such as headphones and helmets should be similarly bagged and stored.

5. Soak combs, brushes in hot water.

The hotter the water the better, but at least 130°F. Items should be allowed to soak for 5-10 minutes.

6. Vacuum everywhere.

To make sure the rest of your home is louse free and prevent a reinfestation with lice, you need to vacuum carpets, pillows, mattresses, upholstered furniture and even the car seats.

Head lice cannot survive without a human host or on family pets. Use Nix as directed and perform the steps listed above to eliminate head lice from your home and to help prevent their spread in the community.

HEAD LICE: Detection, Treatment and Prevention

Information for Parents



What are head lice?

Head Lice are tiny, wingless, greyish-tan insects that live and breed in human hair. The eggs, called nits, are easier to see than the lice themselves. Nits are usually found attached to the hair shaft close to the scalp, behind the ears and on the back of the head. Nits cannot be washed away like dirt or dandruff; they must be removed with a special comb designed for that purpose.



How do they spread?

Head lice are very contagious. They are spread through the sharing of personal items such as combs, brushes, scarves, hats, headphones, and stuffed toys. To minimize the risk of repeated outbreaks, remind your children not to share items.



How are they detected?

The first clue that a child has head lice is frequent scratching of the scalp. To check for infestation, carefully examine the hair around the back of the neck and behind the ears. Since head lice shy away from light, you may only see their eggs (nits), small whitish ovals of uniform size attached to the hair shaft.



How are they treated?

Head lice infestation can be treated with a head lice medication, called a pediculicide. Nix is the most effective treatment. Follow the directions exactly for best results.