

Treating Head Lice in 10 Steps¹

PHARMACY / STORE SHOPPING LIST

- A good, metal –toothed lice comb
- Lice pediculicide (I recommend Nix Cream Rinse®)
- Magnifying glass (big enough to easily hold and see the lice & eggs)
- Hair accessories like clips, barrettes, bandanas, scrunchies (optional, if you need extras)
- Extra sheets (optional, if needed)
- A good light for seeing lice & nits (a small table lamp with the shade removed will work)
- Magazine, puzzle book or something for the child to hold/do while you comb out the lice
- Shower cap (optional)



STEPS TO ELIMINATING HEAD LICE

Step 1: Don't panic. This isn't your fault. You will get through this.

Step 2: Take off all the child's bedding, pillow cases and any stuffed animals and start the washing/drying process. Also grab any towels and/or face cloths they may have used. Wash them too. And shirts, sweaters, scarves, coats, etc. that may have been worn need to be washed as well.

NOTE: I recommend re-washing after EACH wearing of clothing that could touch the hair. Wash or thoroughly vacuum bedding and pillow cases daily.

Step 3: Gather all the child's "hair gear" including brushes, combs, hair accessories, hats, etc. Clean or wash them too. If it can't be cleaned, it must be isolated in a bag for 2 weeks.

Step 4: Head to the pharmacy/store for the things on the above list.

Step 5: Have the child shower and shampoo (no conditioner if you are using Nix) and towel dry the hair

Step 6: Apply Nix according to the directions on the box and rinse out when instructed

Step 7: Start combing with good lighting and your magnifying glass. This will take a while; be thorough.

Step 8: Make sure the rest of the family knows to NOT share clothes, combs, etc. with the infected child.

Step 9: Drape a sheet over an area of the couch or chair in which your child usually sits. Wash and change it daily (or commit to vacuuming the area where they sit).

Step 10: Comb and check the child's head daily. Follow product instructions for re-application if necessary (do not over-use these products). Have them wear a shower cap while at home for added protection against spreading.

Compliments of www.TheHonestApothecary.com

¹ These instructions should not replace the medical advice and counsel of your own physician