

# Treating Head Lice in 10 Steps<sup>1</sup>

## 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.

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<sup>1</sup> These instructions should not replace the medical advice and counsel of your own physician