

How Do I Get Rid of Lice?

1. Use the lice shampoo or cream rinse as directed on the package. Be sure to read the label carefully. If the person to be treated is pregnant or under age 2, please contact a physician.
2. Towel dry the hair and saturate the hair and scalp with white vinegar. Then place either a shower cap or plastic bag around the hairline and leave this in place for one hour.
3. Towel dry the hair again and saturate the hair with a cream conditioner (use the cheapest brand available).
4. Start at the hairline on the left side of the head, next to the scalp. Pull down the entire length of the hair shaft using fingernails or a metal nit comb. Proceed across the entire head in this fashion until you reach the right side hairline.
5. Reverse the procedure, this time going right to left.
6. Start at the hairline in front of the head, using the same procedure working your way to the nape of the neck.
7. Reverse this procedure going from the nape of the neck to the front hairline.
8. Rinse the conditioner from the head and towel dry the hair. Next, blow dry the hair, brushing the hair as it dries.
9. Check your child's hair for nits. If the procedure is followed correctly, there should be very few nits to remove. If nits are present, remove with fingernails.

Note: While combing the hair some spots may dry. If so, use a spray bottle containing a solution of 2 oz. of cream rinse, 2 oz. of vinegar. and 2 oz of water to dampen the areas.

Myths about Head Lice

- FALSE** Head lice hop, jump or fly onto other people.
- TRUE** They're wingless, crawling insects that move quickly.
- FALSE** Head lice can live on household pets.
- TRUE** Head lice can only live on humans but they can be transported by pets.
- FALSE** You can "catch nits" from someone else.
- TRUE** Nits can get in your hair only if adult lice lay them.
- FALSE** If you are poor and dirty, you'll get lice.
- TRUE** Anyone can get head lice. In fact, lice seem to prefer clean hair.
- FALSE** Using a pesticide in your house will prevent head lice.
- TRUE** Poisoning the environment does not prevent head lice from living in your hair.
- FALSE** Head lice carry disease.
- TRUE** Head lice are difficult to get rid of but aren't known to transmit disease.
- FALSE** Having short hair will prevent lice.
- TRUE** Although lice prefer long hair, they will infest any length of hair.

Need more information?
Call Public Health Nursing at
Richland Public Health
419-774-4540



Lice Prevention & Control Program



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Cleaning the Hair is only part of the solution.

Here's a checklist to get rid of Lice in your entire house:



1. ____ Check all family members for lice or nits and treat if needed.
2. ____ Start with a new sweeper bag.
3. ____ Strip beds and wash all mattress pads, blankets, sheets and pillow-cases in very hot water. Dry in the dryer on hot setting.
4. ____ Vacuum the beds. Be sure to get in the seams and buttonholes.
5. ____ Wipe off dressers and tables in the room and vacuum the floor.
6. ____ Vacuum the couch and chairs in the living room. Make sure to vacuum the floors as well.
7. ____ Throw vacuum bag away in outside trash.
8. ____ Avoid using lice sprays. They are expensive and do not work.

9. ____ Bag stuffed animals, cloth toys, schoolbook bags and backpacks in a plastic bag for two weeks.
10. ____ Place items that cannot be washed in a dryer on high heat for 20-30 minutes.
11. ____ Wash coats, hats and gloves in hot water or have these items dry cleaned.
12. ____ Soak all combs, brushes and other items for hair in 130 degree water for 15 minutes.
13. ____ Clean your car as well. Vacuum the seats, headrest, floorboards and children's car seats.
14. ____ Clean out the hamper where dirty clothes are kept.

Days 2 - 7

1. ____ Vacuum daily. Remember to throw the bag away.
2. ____ Repeat lice medication as directed by manufacturer's recommendations.
3. ____ Remove any lice or nits that are found in your children's hair.
4. ____ Notify your child's school, babysitter, daycare, etc. This will allow appropriate measures to be taken in order to prevent a re-infestation.

Next 2 - 3 Weeks

1. ____ Keep checking all family members for new lice or nits.

Tips for Removal off Nits (Eggs)

After treatment with medicated shampoo

- Position child comfortably with something to occupy attention such as a video or book.
- Screen hair is a natural light or use a lamp with a 60-watt bulb.
- Use disposable screening tools or tools that can be disinfected/sterilized after use.
- Take a 1-inch section of hair at a time. Using a metal lice comb or fingers, begin close to scalp and comb entire strand.
- Inspect hair for lice (reddish) or nits (whitish).
- Pin hair out of the way and continue process over entire scalp.
- Keep hair wet and comb free of debris.
- Use a magnifier to tell the difference between hair-care debris such as hair spray residue and dandruff versus lice and nits.
- Use a special metal, fine-toothed comb or fingers to carefully comb through 1-inch sections of wet hair to remove nits. Start at the scalp and comb entire length of each shaft. Use fingernails to pull along each strand, if needed, to remove nits.

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