

Pediculosis (Head Lice)

Lice are most usually spread directly by head-to-head contact.

Personal Treatment:

- you may use medicated shampoo such as RID or NIX
- these may be purchased over the counter (OTC)
- before applying the treatment, remove all clothing from the waist up
- apply the lice medicine according to label instructions
- put on clean clothing after the treatment
- comb dead and remaining live lice out of the hair
- the medicine may take 8-12 hours or longer to kill lice
- check hair and comb with a nit comb (lice egg comb purchased OTC) to remove nits every 2-3 days after the treatment
- if using over-the-counter treatment, retreat in 7-10 days

Household treatment:

- to kill lice and nits, machine wash all washable clothing and bed linens that you wore or used during the 2 days before treatment; use hot water, 130 degree cycle dry laundry using high heat for at least 20 minutes
- dry clean clothing you can't wash, such as coats, hats, and scarves OR
- store clothing, comforters, stuffed animals in a plastic bag and seal for 2 weeks
- soak combs/ brushes 1 hour in rubbing alcohol, lysol or hot water,
- vacuum the floor and furniture
- DO NOT use sprays, since they can be harmful if absorbed or breathed in

Prevention:

- avoid activities that are likely to spread lice
- do not share your combs, brushes, or towels
- do not lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with a person with head lice, unless they have been cleaned (as listed above), and the person has been treated.



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