

Guideline for Parents of Children with Head Lice

1. Obtain an over-the-counter shampoo available at local pharmacies and follow package directions precisely.
2. Comb child's wet hair, section by section, with comb provided in kit. COMB ON A DAILY BASIS TO REMOVE NITS. Nits or eggs may survive the first treatment and hatch in 7-10 days, continuing the cycle.
3. Repeat shampoo treatment in 7 days.
4. Check other family members and treat those family members identified as having lice infestation.
5. Launder (hot water/ hot dry) all bedding, pillows, or other articles the child's head may have contacted. Sanitize combs, brushes, and hair articles thoroughly in the dishwasher.
6. Vacuum mattresses, couches, carpets, car seats, etc.
7. Bag for ten days any items not able to be laundered.
8. Notify parents of anyone the child has come in contact with. One can be infested more than once with head lice. Children often get re-infested from a playmate. Treating all infested children at the same time helps prevent re-infestation.
9. THE ONLY WAY TO FULLY ERADICATE HEAD LICE IS TO REMOVE ALL NITS FROM THE HAIR SHAFTS.
10. If head lice are present in your child's class, examine your child at home daily.
11. Review the Illinois Department of Public Health's and the Center for Disease Control's informative websites regarding signs and symptoms of head lice, how to diagnose, life cycle, and treatment options. The CDC's site also provides pictures and instructions for parents on how to conduct their own checks.
www.idph.state.il.us/public/hb/hblice.htm
www.cdc.gov/ncidod/dpd/parasites/lice/factsht_lice.htm
12. As a short-term measure, teach children to avoid activities that are likely to involve head-to-head contact and thus spread lice. Lice are commonly spread by head-to-head contact and much less frequently by lice that have crawled onto clothing or belongings.
13. Do not share clothing, such as hats, scarves, coats, sports uniforms, bike helmets, hair ribbons, etc.
14. Do not share infested combs, brushes, or towels.
15. Do not lie on beds, couches, pillows, carpets, or stuffed animals that have been recently in contact with an infested person.