

# Head Lice Control Check List

## Environmental Health – Factsheet

Check your child's head for head lice every week using bright or natural lighting. If you find lice or nits, check the hair of other family members daily for two weeks. Do not treat anyone unless they have lice.

1. Brush hair thoroughly.
2. Before treating, wash hair thoroughly with shampoo **free** of conditioners and other additives. They may interfere with the lice product.
3. Read directions on lice product as some products are applied to damp or dry hair.
4. Shake lice product well.
5. Thoroughly saturate hair and scalp with sufficient amount of lice product (as indicated on product insert).
6. Leave on hair for period of time stated on product. For thicker, longer hair, you may want to double the time and/or amount of product.
7. Rinse hair well with water and towel dry.
8. Part hair into sections to assist with nit removal.
9. Remove **all** nits by pulling them off with your fingers (a nit comb may help). This can take time but it is the *most important step*. Checking for and removing nits should be done daily for 14 days.
10. Repeat steps 1 - 9 in 7 days.

Use another head lice product if **live lice** are found within 24-48 hours after first treatment.

Immediately contact schools, child caregivers and any other persons who may have been exposed.

Your child can return to school or child care after the first treatment.

Call your public health nurse for advice if necessary.

### Household Cleaning

1. Soak combs, brushes, hair clips in very *hot* water for 15 minutes.
2. Launder personal belongings (especially head gear), recently-worn clothing, towels and bed linen in *hot* water. Dry using *hot* cycle of the dryer.
3. Items that cannot be exposed to *hot* water should be either placed in a hot dryer for 20 minutes, *frozen* at -20°C for 24 hours, *sealed* in a plastic bag for 10 days or *dry cleaned*.
4. Vacuum or wash areas where there has been direct head contact (couch, bed, car seat).

If you have any concerns or questions, or have difficulty getting rid of head lice, contact your doctor, public health nurse or Health Links-Info Santé, Winnipeg at 788-8200 or toll-free at 1-888-315-9257; or access our website at [www.gov.mb.ca/health](http://www.gov.mb.ca/health).