Hamilton Wenham Health Services
How to Treat Lice

- Treat your child with a lice killing shampoo (we recommend OTC permethrin 1% as the first line of treatment). Follow the instructions on the package, including retreatment in 7-10 days (to kill any newly hatched lice from nits that may have been missed).

    Note: The comb-out method (removing lice from damp hair with a fine-toothed comb without using a lice shampoo) often fails. Home remedies such as vaseline, mayonnaise, herbal treatments, or olive oil have no scientific evidence of their effectiveness and are not recommended.

- Do not use hair conditioner (or shampoo plus conditioner) before using lice shampoo. Do not rewash the hair for 1-2 days after the lice shampoo is removed.

- Check your child's hair daily and comb out/remove nits. Continue to check for 2-3 weeks to make sure that all lice and nits are gone.

- Wash all clothing, towels, hats, and bed linens in hot water and dry on high heat if they have been used within the past 2-3 days.

- Items that cannot be washed may be dry cleaned or sealed in a plastic bag for 2-3 days (including stuffed animals).

- Personal items such as brushes, combs, and hair accessories should be soaked in hot water (at least 130 degrees) for 5-10 min.

- Vacuum carpets and furniture where the infested person may have sat or lay. (Although risk of getting infested by a louse through furniture or carpets is very low as lice can only live for 1-2 days off of a head).

- Check all household members for the presence of lice and **notify close contacts** so that they can be checked as well.

There are additional resources to aid you and your family in the removal of lice. Please contact your school nurse if you would like to be provided with additional information.

Sources:
American Academy of Pediatrics www.healthchildren.org
National Association of School Nurses www.nasn.org
Centers for Disease Control and Prevention www.cdc.gov