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### Instructions for Treating Head Lice

1. Thoroughly shampoo child's hair with an appropriate over the counter medicated shampoo labeled for treating head lice. Examples of some lice shampoos are: Kwell, Nix, Rid, and R& C. **Please read and follow the shampoo instructions carefully.** Remedies or products that are **not** labeled for controlling or treating head lice may not be effective and can be harmful and/or unsafe.
2. If a child has had an active infestation of head lice and has been treated with an over the counter medicated shampoo two consecutive times within a 2 month period or less, **is advised to contact their primary care provider for further evaluation and treatment.**
3. Shampoo all affected family members at the same time. Any family member with nits (eggs) in the hair or an itchy scalp should be treated with the medicated shampoo.
4. After shampooing, family members should change into clean clothes.
5. Wash all recently used (within last 3 days) clothing, linens, and towels in a hot water wash cycle and placed in the dryer on high heat for at least 30 minutes.
6. Non-washable items (stuffed toys, pillows, etc.) may be dry-cleaned, or vacuumed and sealed in closed plastic bags for two full weeks.
7. Soak combs, hairbrushes, and hair accessories in hot (almost boiling) water for at least 15 minutes.
8. Thoroughly vacuum chairs, couches, car seats, rugs, mattresses, and other upholstery. It is not necessary to use household pesticides or fumigation.
9. **It is very important to do a follow up shampoo treatment 7-10 days after the initial shampoo treatment was done.** In addition, remember to wash clothing and linens, vacuum all upholstered furniture, and treat combs and hairbrushes on the same day of the follow-up treatment.
10. In order to successfully treat/control head lice infestations, you should be removing all nits from your child's hair using a nit comb (available at local drug stores) or by using your fingernails.
11. Again, removal of nits is an important part of treating head lice, as some nits can survive the shampoo treatments.

#### Tips to avoid getting head lice:

1. Do not share hats, combs, scarves, or coats.
2. Hang coats separately, do not pile them on top of one another.
3. **Avoid direct head to head contact, as this is the most likely way that head lice is transmitted from one to another.**

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