

# Found head lice? Here's what to do.

## Before Treatment

- ☐ Check everyone in your household for head lice.
- ☐ Don't use conditioner in the hair of anyone who needs treatment.  
(Conditioner prevents head lice treatment from working.)



## Treatment

- ☐ Treat everyone with head lice the same day.
  - Don't use treatment products to prevent lice in those who do not have head lice.  
(Doing this can lead to resistance to treatment in head lice.)
- ☐ Use a lice-killing hair product **and** comb for nits:



### Lice-killing products:

- ☐ Get an over-the-counter product at the pharmacy or see a healthcare provider for a prescription.
- ☐ Read and follow label directions carefully.
- ☐ Don't re-wash the hair with shampoo or conditioner for 1-2 days after treatment.
  - Only rinse to remove treatment product.
- ☐ Check for head lice 7-10 days after treatment.
  - Still see live head lice? You may need a second treatment to kill lice that recently hatched from nits.
    - Talk to a healthcare provider if you're not sure.



### Nit-combing:

- ☐ Get a fine-toothed nit comb with long, metal (not plastic) teeth – several brands are available at your local pharmacy.
- ☐ Comb hair every 2-3 days for two weeks or until nits are no longer found.

## Home Cleaning

- **Excessive cleaning is not necessary** (e.g., use of bleach, pesticides, fumigation, etc.).
- **Head lice do not survive off the head for very long.**

- ☐ Wash clothing, bedding, and towels used by the person with head lice in the 2 days before treatment in hot water (>130°F), then dry on the hottest heat cycle.
- ☐ Place combs, brushes, and hair accessories in hot water (>130°F) for 5-10 minutes.
- ☐ Seal other items that can't be washed in a plastic bag for 2 weeks.
- ☐ Vacuum carpets and furniture in areas where the person sat or laid down.

