

## **Important information about getting rid of LICE:**

### **Preventing Reinfestation**

After lice treatment, here are some simple ways to get rid of the lice and their eggs, and help prevent a lice reinfestation:

Wash all bed linens and clothing that's been recently worn by anyone in your home who's infested in very hot water (130°F [54.4°C]), then put them in the hot cycle of the dryer for at least 20 minutes.

Dry clean anything that can't be washed (like stuffed animals). Or put them in airtight bags for at least 3 days.

Vacuum carpets and any upholstered furniture (in your home or car), then throw away the vacuum cleaner bag.

Soak hair-care items like combs, barrettes, hair ties or bands, headbands, and brushes in rubbing alcohol or medicated shampoo for 1 hour. You also can wash them in hot water or just throw them away.

Because lice are easily passed from person to person in the same house, bedmates and infested family members also will need treatment to prevent the lice from coming back.

### **Don't's**

In your efforts to get rid of the bugs, there are some things you *shouldn't* do. Some don'ts of head lice treatment include:

**Don't** use a hairdryer on your child's hair after applying any of the currently available scalp treatments because some contain flammable ingredients. A hair dryer could

also cause live lice to blow into the air and spread to others nearby.

**Don't** use a conditioner or shampoo/conditioner combination before applying lice medication.

**Don't** wash your child's hair for 1 to 2 days after using a medicated treatment.

**Don't** use sprays or hire a pest control company to try to get rid of the lice, as these treatments can be harmful. Head lice don't survive long once they fall off a person, so you don't need to spend a lot of time and money trying to rid the house of lice.

**Don't** use the same medication more than three times on one person. If it doesn't seem to be working, your doctor may recommend another medication.

**Don't** use more than one head lice medication at a time.

**Don't** use essential oils (such as ylang ylang oil or tea tree oil) to treat lice on the scalp. These oils can lead to allergic reactions on the scalp and have not been approved by the U.S. Food and Drug Administration (FDA). Also, there are no studies to show whether or not such treatments actually work.

**Don't** use chemicals such as gasoline or kerosene on the hair. These are highly flammable and should **never** be used to treat lice on anyone.