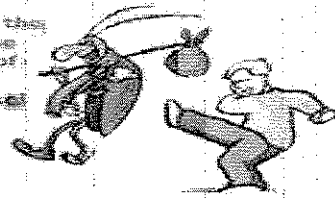


Kick the
Louse
out of
the
house!



Treatment Options for Head Lice

Type of Treatment	How it works	How to use/ What to do	Important Notes
Insecticide Treatment	<ul style="list-style-type: none"> A medicated shampoo containing chemicals that kill live lice. 	<ul style="list-style-type: none"> Carefully follow package instructions. Apply by lifting hair in sections and saturating moving from back of head to front. Pay attention to behind ears, nape of neck and close to scalp. Rinse hair well over sink. follow treatment with Nit Picking (see below) 	<ul style="list-style-type: none"> The treatment must be repeated in 7-10 days according to instructions. If live lice are found after 24-48hrs, contact pharmacist for recommendations or try 10 conditioner treatments. No insecticide is guaranteed to kill all eggs therefore important to remove nits. It is not recommended to use insecticide more than three times. Do not treat anyone with insecticide unless lice or nits are found.
Non-Insecticidal Treatment	<ul style="list-style-type: none"> "Resultz" is a medicated, pesticide free hair rinse that you apply to dry hair that works by dissolving the wax that covers the exoskeleton of the lice causing it to dehydrate and die. It does not kill eggs so treatment must be repeated in 7 days. 	<ul style="list-style-type: none"> Apply as per package instructions to dry hair. Use towels to protect eyes and clothing. Fully wet hair with product, massaging into scalp especially at sides and nape of neck. Leave product on hair for 10 minutes then rinse with warm water and wash if desired. follow treatment with Nit Picking (see below) 	<ul style="list-style-type: none"> Repeat application on Day 7. Stop use and consult doctor if skin irritation or infection is present or develops or if infestation of eyebrows or eyelashes occurs. Do not use on children less than 4 years of age.
10 Day Hair Conditioner Treatment	<ul style="list-style-type: none"> Hair conditioner immobilizes the lice so it is easier to remove them. It also reduces friction making it easier to comb through when removing nits. 	<ul style="list-style-type: none"> Soak hair with hair conditioner and comb through with ordinary comb to remove tangles. Section and comb using "nit comb" in 4 directions (forward, backward, left and right) then wipe comb on paper towel to check that lice and eggs are being removed. Rinse and dry Repeat this process every day x 10 days. 	<ul style="list-style-type: none"> White hair conditioner makes it easier to see the lice. Use of a strong light and magnifying glass make it easier to see lice and eggs. Following 10 day treatment, check for lice every week for at least 4 weeks. Check all other household members for head lice infestation.

Nit Picking must be done daily until all nits are gone! Use a nit comb (round metal teeth that are 4-5 cm long and 1mm apart). Allow child to watch movie, read book or play while being done. Use strong light, magnifying glass/glasses. Divide hair into sections and fasten hair not being worked on. Comb through each section from scalp to end of hair and dispose of lice/nits carefully. Wash combs, brushes etc with soap and boil 10 minutes.

Activities to Help Prevent Head Lice

- **Check your child's hair every week** for head lice and eggs (nits). Be especially aware after sleepovers, camp, **after school breaks** and at the beginning of the school year.
- **Tie long hair back** – braid and/or put up if possible.
- **Consider applying hair gel or mousse** – these do not prevent or repel lice but help keep stray hair strands from contact with other heads.
- **Avoid sharing combs, brushes, hats, hair bands, scrunchies and head sets.**
- **Remind your child to try to avoid head-to-head contact** with other children, e.g., when working at the computer with others, or when playing, or hugging.
- **Encourage children to put hats and scarves in the sleeves of their coats.**

We all have to work together to help reduce the spread of head lice. Regular checking of your child's scalp is the best measure for prevention.