**TREATING HEAD LICE**

Treat only the person who has head lice with a product that kills live lice. Treatment is available from your pharmacy (no prescription needed). Your pharmacist can help you choose a head lice product.

### Always remember to:
- Follow the label directions carefully.
- Avoid use of conditioning shampoo or conditioner before or 48 hours after using head lice treatment.
- Contact your health care provider or a pharmacist before using head lice treatment if you are pregnant, breastfeeding, have allergies or for a child under 2 years old.
- Treatment must be repeated again 7-10 days after the first treatment.

### Remove all head lice and nits from hair:
- Use your fingernails to pull off the nits from the hair or use a head lice comb (metal ones work better than plastic). Repeat daily until there are no nits.
- Separate hair into sections then pick up a few strands at a time to remove nits.
- Check each section of the head closely before moving on (pay attention to behind ears, nape of the neck, and close to the scalp).

### Treating the Home:
- Wash clothing and bedding used in the last 3 days by the affected person in hot water and dry in a hot dryer.
- Place items that cannot be washed in a sealed bag for two weeks.
- Put all combs, brushes and hair accessories in hot, soapy water.
- Vacuum the floor and furniture, particularly where the infested person sat or lay.

However, spending much time and money on housecleaning activities is not necessary to avoid reinfection by lice or nits that may have fallen off the head or crawled onto furniture or clothing.

Do not use fumigant sprays or fogs; they are not necessary to control head lice and can be toxic if inhaled or absorbed through the skin.

Do not treat a person with head lice more than 2–3 times with the same shampoo if it does not seem to be working. Always seek the advice of your health care provider if this should happen. He/she may recommend a different product.

### WHAT ABOUT OTHER TREATMENTS?

A number of household products such as mayonnaise, petroleum jelly, olive oil, tea tree oil, hair gel and vinegar or wet combing have been suggested as a treatment. These products show little proof of killing head lice and are not as effective as head lice shampoo.