

## TIPS ON COMBING

- ❖ You will need:
  - ❖ Fine-toothed comb designed for nit removal. A metal comb is less flexible and may be more effective at removing nits.
  - ❖ Bobby pins or hair clips (for long hair)
  - ❖ A large towel to place around the child's shoulders during combing
  - ❖ Box of facial tissue
  - ❖ Bowl of water with a squirt of dishwashing liquid.
- ❖ Comb in a well-lit area. Plan something to entertain your child to help the time pass and ensure cooperation, such as watching DVDs.
- ❖ Consider using conditioner or oily salad dressing to keep hair wet to make it easier to comb.
- ❖ Take a small section of hair and comb toward the head several times. Check the hair carefully to be sure it is free of nits, pin it in a hurl against the head, and start on the next section.
- ❖ Dip the comb in bowl of soapy water and clean with tissue before moving on to the next section.
- ❖ When finished, flush contents of bowl down the toilet. Soak comb in boiling water or in permethrin shampoo for 15 minutes.



### Store Hours:

Monday - Friday: 8am - 5pm  
Saturday: 8am - 12pm

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## Facts about Lice



- ❖ Head lice occur in kids of all socioeconomic classes.
- ❖ Head lice are contagious and spread very easily.
- ❖ The best way to prevent spreading to other family members is quick, thorough action.

- ✦ It is very important for parents not to panic, to maintain full cooperation from the child.

#### FACTS ABOUT LICE

- ✦ Lice cannot fly or jump, and are only spread by direct contact, often by sharing caps, headbands, scarves, brushes, or hair accessories. Other modes of transmission include contaminated clothing, bed linens, cushions, head rests, mattress, carpets, or headphones.
- ✦ Lice actually prefer clean hair, because eggs adhere better to clean hair.
- ✦ There are usually fewer than a dozen lice that live on the scalp at one time; however, there can be hundreds of viable and hatched eggs (nits).
- ✦ Eggs are deposited very close to the scalp where it is warm. Eggs that are more than 1 inch away from the scalp are likely already hatched. Empty egg cases look like grayish-white, oval capsules firmly cemented to the hair.
- ✦ The most common symptom of head lice is pruritus (itching). Rarely, a secondary infection can occur as a result of scratching.
- ✦ When examining for lice, begin at the nape of the neck or behind the ears

where hair is the thickest. This is where lice will be most prevalent.

#### TREATMENT

Goals of treatment are to kill all lice and eggs, control symptoms (itching), and prevent secondary infections.

##### Non-medication treatment

- ✦ Once you are sure you have lice, contact friends and family members that you have been in contact with. Avoid ping-pong effect.
- ✦ **COMB, COMB, COMB!** Physically removing the lice and eggs is the most effective treatment method, and vital in eliminating the lice. Unfortunately, it is very time consuming. Before starting, hair should be clean and free of wrinkles. Using a nit comb, comb the hair in small sections down the hair shaft (from tip to scalp) to detach eggs. Clean the comb frequently. Food oils and hair gels may be used improve ease of combing, but may decrease the visibility of the nits.
- ✦ Bed linens, towels, night clothes, and stuffed animals should be washed and dried on the hottest setting. Wash brushes, combs, hats, and other hair accessories in hot water (at least 130° F). If objects cannot be washed, they

should be placed in a plastic bag and subjected to freezing temperatures (either in the freezer or outside if it is cold) for several days. Lice and their eggs are also killed if sealed in a plastic bag (without extreme temperature) for two weeks.

##### Medication treatment

- ✦ Nonprescription agents such as 1% permethrin cream rinse such as Nix®, is a very effective and easy choice of treatment. After washing and towel-drying hair with regular shampoo, apply permethrin rinse in a sufficient amount to saturate the hair. Leave on hair for 10 minutes, then rinse with water. One treatment will result in 97-99% cure rate. However, if lice persist after 7 days, the process may be repeated. If desired, treatment may be repeated after 10 days even if lice or eggs are not visible as a precaution.
- ✦ Combing of nits is not required after permethrin treatment, however it is usually done for cosmetic reasons. Products such as Neon Nits® may be used to increase the visibility of the eggs, or empty egg cases. This product is also useful after treatment to confirm eradication.
- ✦ Contaminated combs, brushes, and hair accessories may be soaked in permethrin shampoo as well for at least one hour. Permethrin sprays are available also for objects which cannot be soaked or

washed, such as mattresses, upholstered furniture, headrests, carpets, pillows, sofas, and car seats. However, vacuuming these surfaces thoroughly and frequently is likely just as effective.