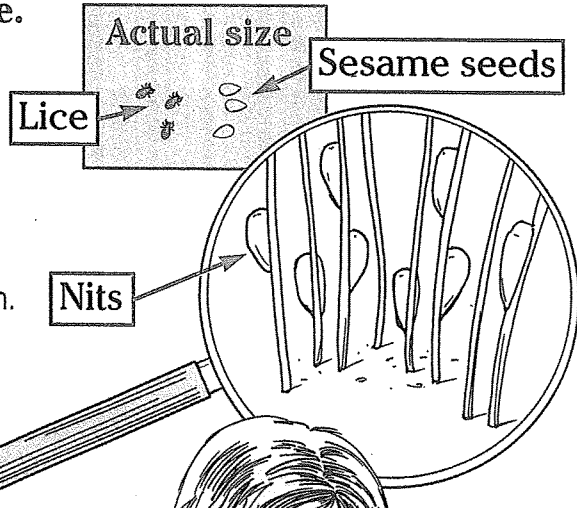


Head lice are tiny insects.

They live on people's heads.

Lice are hard to see.

They are about the size of sesame seeds. And they move fast.

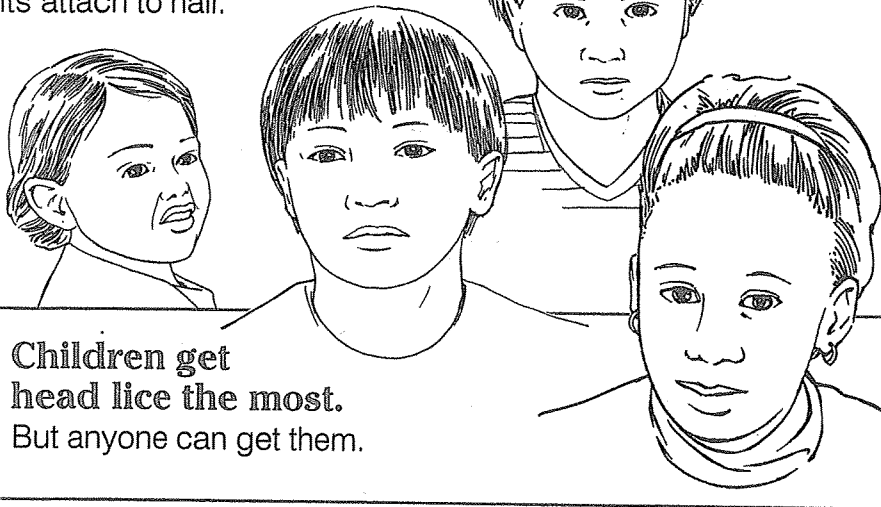


They feed on human blood.

This makes the head itch. (Head scratching is the main sign of lice.)

They lay eggs in hair.

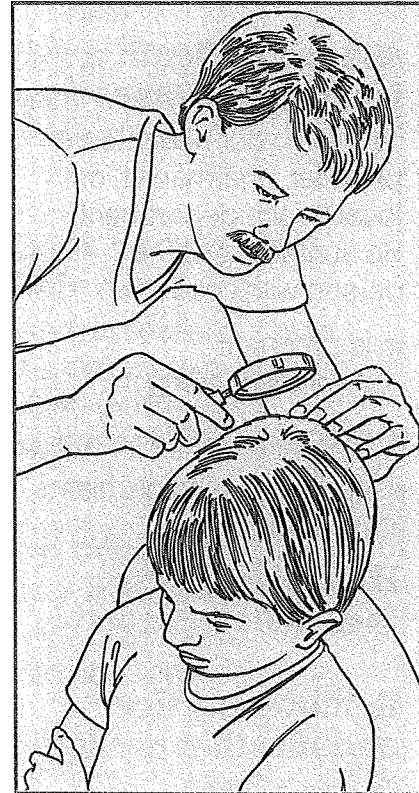
Lice eggs are called nits. Nits attach to hair.



Children get head lice the most. But anyone can get them.

This booklet gives some important facts about head lice. But it does not take the place of a talk with your health-care provider.

You can help prevent head lice.



Teach your child not to share certain things.

Head lice can be spread by sharing anything that touches hair, such as:

- hair brushes and combs
- hair clips and hair bands
- hats and helmets
- clothes
- pillows.

Check family members' hair often.

Use a bright light and magnifying glass. Be sure to look for lice and nits:

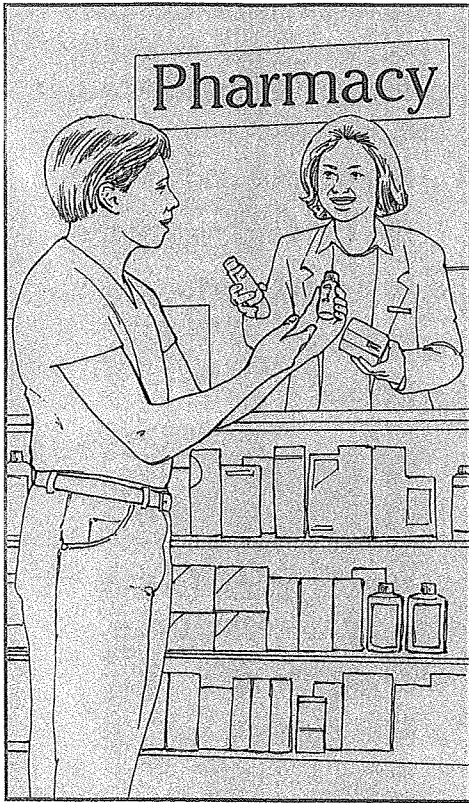
- around the ears
- near the neck.

Lice can be treated.

If a family member has lice, call your health-care provider.



You can treat lice with special shampoos or lotions.



Ask which lice treatment to use.

Talk with your health-care provider, pharmacist, or local health department. Be sure to say if the person with lice:

- is pregnant or breastfeeding
- is age 2 or under
- has any health problems.

Follow all instructions exactly.

Remove any lice and nits that are left.

Do this by hand.
(See page 5.)

Never use:

- kerosene or gasoline
- lice sprays
- pet shampoos
- other insect sprays.

These products are not safe for killing lice -- on a person or in your home.

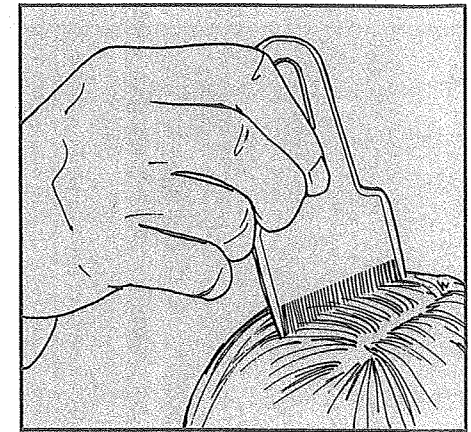
How to remove lice by hand

Use a fine-tooth comb.

Many lice treatments come with one.

Look through the hair carefully.

Work in sections. Clean the comb often as you work. (Follow the treatment instructions.)



Do not leave any lice or nits.

Nits could hatch into new lice.

Check the person every day for 2 weeks.

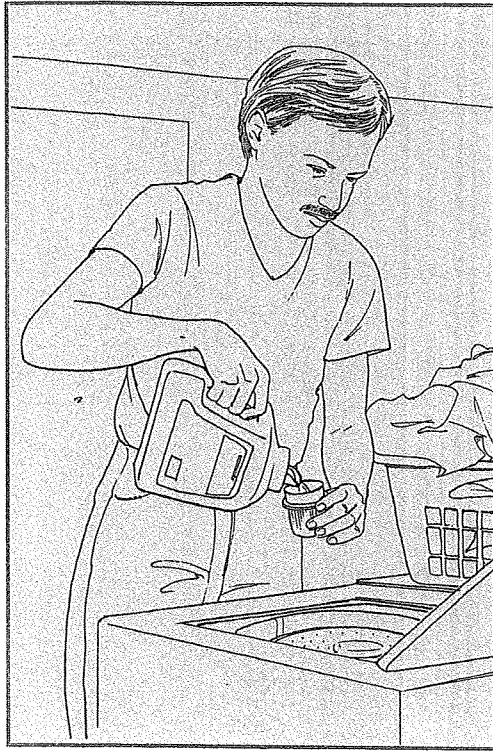
Check other family members, too. Call your health-care provider if lice come back.



Ask your health-care provider if you should remove lice without shampoos or lotions.

Clean your home, too.

This is very important. Fallen hairs may still have lice or nits.



Wash clothes, sheets, and towels.

Use very hot water.
Dry on high heat.

Soak combs and brushes.

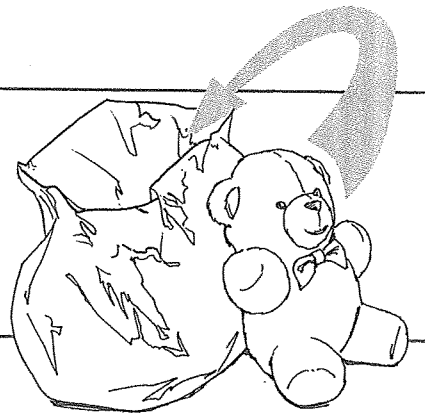
Leave them in hot water for at least 15 minutes. Or soak them in a lice treatment. (Follow the instructions.)

Vacuum carpets, floors, furniture, and inside your car.

Then seal the vacuum cleaner bag in a plastic bag. Throw it away.

If something cannot be washed:

- Seal it in a plastic bag.
- Leave it for at least 2 weeks.



Questions and answers

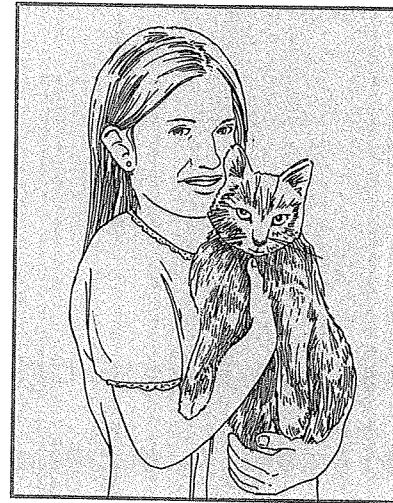
Can my child go to school with head lice?

Your child may have to stay home until all lice and nits are gone. Check with the school or local health department.



Can pets get head lice?

No. Lice only live on people.



Do home remedies work on head lice?

Some may make combing easier. But others can be dangerous. Before trying any remedy, talk to your health-care provider.



Take steps to stop head lice!

Checklist for Eliminating Head Lice

Do in this order!!!!

- Treat all heads in family that have nits or lice
- Put all stuffed animals and pillows in bags
- Wash all laundry in hot water & hot dryer
- Wash all coats in hot water & hot dryer
- Wash all bedding, sheets, and comforters.
- Vacuum!!!! Vacuum mattresses!! Vacuum couches and chairs!! Vacuum Carpet!!
- Vacuum your CARS!!!!
- Pull out ALL nits!!! The shampoo does not kill most nits and they will hatch!!!
- Keep stuffed animals and pillows in bags for 14-21 days!!!
- Repeat vacuuming EVERYDAY!!!!
- Follow the directions on the head lice shampoo box, if it says to repeat in 7 days DO SO...even if