

How to Get Rid of Head Lice

Using the Wet Combing Technique

6 THINGS YOU'LL NEED

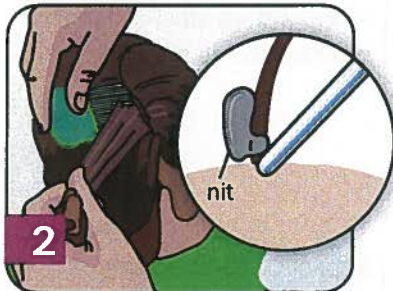
- Hair Conditioner, Vegetable Oils or Cetaphil® Cleanser
- A Wide Toothed Comb
- Bath Towel
- A Fine Long Toothed Head Lice Comb
- Bright Light or Sunlight
- Tissues or Paper Towel



Conditioner, vegetable oil and Cetaphil® cleanser stun head lice for about **20 minutes** & makes hair slippery, making it easier to remove lice from the head.



1 Cover shoulders with bath towel. Generously apply conditioner, oils or Cetaphil® cleanser to dry hair to cover the scalp and the full length of the hair. Untangle the hair with a wide-toothed comb.



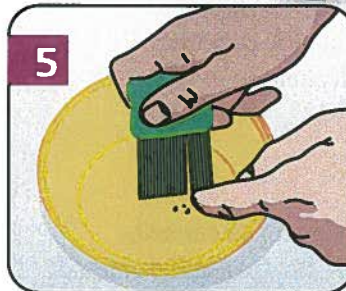
2 Part your child's hair down the middle and clip up one half so it's out of the way.



3 On the loose side, pick up one small section of hair, about the width of your lice comb. Start at the scalp to catch the nits (lice eggs).



4 Comb each section in multiple directions (up, down, left, right) starting from the roots and continuing to the ends.



5 Flick the teeth of the comb into a bowl of soapy water, or wipe it with a paper towel after each swipe checking each time for head lice and nits.



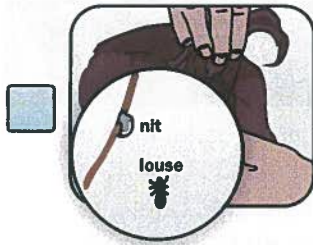
6 Keep combing each section until the comb comes out clean (at least 5 times). Twist the combed hair and clip it to the head. Continue until entire head has been combed. Wash the hair as normal.

Follow-up: Change your and child's clothing. Disinfect the comb to remove any eggs or lice that may be present by either soaking in VERY hot water, Lysol or rubbing alcohol or by washing it in the dishwasher.



If you find live head lice or nits, repeat steps 1-6 every 2 days until no lice have been found for 10 days.

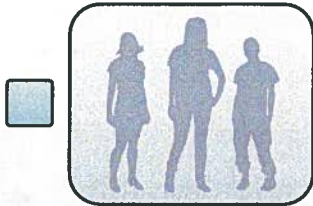
Lice Treatment Checklist



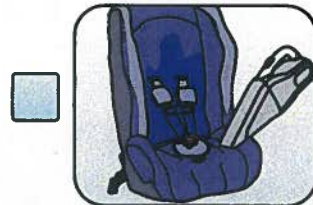
Confirm presence of lice by looking closely at your child's scalp, especially behind the ears. It will be easier to see if child's hair is wet.



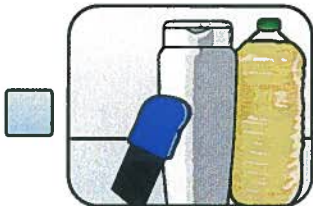
Wash or soak bedding, towels, hair care items in hot water, or dry in hot dryer. Place favorite stuffed animals in dryer for 30 minutes with high heat.



Check other kids and adults in your home and begin treatment of everyone affected ASAP.



Vacuum fabric covered items where child's head has rested (furniture, carpets, car seats).



Buy a metal lice comb, and hair conditioner, vegetable oil or Cetaphil® cleanser.



Don't wash your pets (they can't carry lice) or clean your whole house (it doesn't help!).



Generously apply conditioner, oils or Cetaphil® cleanser to dry hair.



Tell teachers, friends, and caregivers, so other children can be checked promptly.



Comb out hair carefully. (see "How to Get Rid of Head Lice Using the Wet Combing Technique" for tips).



Repeat comb-outs every 1 or 2 days for 10 days.



If after following guidelines above lice or nits are still seen, contact your health care provider for further treatment or medication options.

For more information contact your local school nurse or local public health office.

To find a public health office in your area visit: NMHealth.org

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August 2018