



Getting Rid of Head Lice in 37 Steps

(Just kidding, Getting rid of head lice isn't *that* bad)

According to the CDC, "Adult head lice are roughly 2–3 mm long. Head lice infest the head and neck and attach their eggs to the base of the hair shaft. Lice move by crawling; they cannot hop or fly. Head lice infestation, or pediculosis, is spread most commonly by close person-to-person contact. Dogs, cats, and other pets do not play a role in the transmission of human lice." Head lice have three forms: (pictured in this order) the egg (also called a nit), the nymph (immature louse), and the adult.



Does your head itch yet?

About a year ago, Community Health adopted a new plan to help address head lice. In the past, we provided the Community with Nix and lice combs, but the Nix didn't seem to work anymore (maybe you have heard about the 'head lice super bug'?) So, we came up with a new plan. The ingredients making up the new plan may surprise you: Listerine, vinegar, coconut shampoo with eucalyptus and tea tree oil. Forest County Potawatomi Tribal members may come to Community Health to obtain the Head Lice Treatment and Prevention kit to help combat live lice, or all ingredients are available for purchase at Wal-Mart, Amazon.com, or a Health Foods store. As a goal to save Tribal dollars and 'go green', anyone who receives a kit should save the spray bottles and return them to Community Health for any refills.

Treatment Steps-keep a wash cloth or towel over the eyes

Step 1: Completely saturate the hair with Listerine, apply shower cap, with a tight seal and leave on for 1-2 hours. Carefully remove the cap. (Listerine will kill the lice)

Step 2: Rinse out the Listerine.

Step 3: Use the White vinegar to saturate the hair (*this will loosen the glue the nits use to stick to the hair), apply shower cap and leave on for 1-2 hours.

Step 4: Rinse out the vinegar.

Step 5: Comb out all the nits/eggs; use provided comb or lice comb.

Step 6: Shampoo hair (coconut shampoo with eucalyptus and tea tree oil) and rinse. *Lice do not like the smell or the texture of the oil.

Step 7: Condition hair (coconut conditioner) and rinse.

Step 8: Check everyone who lives in the home – **even Mom and Dad.**

Step 9: On the same day:

- Wash sheets, blankets and pillows in hot water for at least 10 minutes.
- Dry items on high heat for at least 20 minutes.
- Items that cannot be washed (stuffed animals, pillows, dry-clean only quilts, etc.) should be either dry cleaned or sealed in a plastic bag for at least 10 days to destroy lice and eggs.
- Vacuum mattress(es), furniture, carpeting, and car upholstery.

Step 10: Boil combs and brushes; wash hats, hair ribbons, and other personal head gear. If items cannot be exposed to high heat, soak them in Lysol®, rubbing alcohol or head lice medication for one hour. (**Never share** your comb, brushes or other personal head gear)

Step 11: Frequently vacuum furniture, rugs, carpeting and do not forget vehicles.

Step 12: Comb hair daily to look for live lice or nits. They need to be picked out of the hair.

Step 13: Repeat steps 1-8 every 5-7 days for 3 weeks. **Retreatment is meant to kill any surviving hatched lice before they produce new eggs**

Do not use sprays on furniture, they are toxic!

Remember: When it comes to Head Lice—Once a Week, Take a Peek! -- check your children's hair regularly for lice as a normal part of your family's personal hygiene routine and then take action if any is found

Questions:

Contact the FCP Community Health Department at (715) 478-4355 or visit:

<https://www.fcpotawatomi.com/health/community-health/>

www.cdc.gov



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