



Public Health
Prevent. Promote. Protect.

Central Valley Health District

Guidelines for Treating Head Lice

1. Once it has been determined that head lice (live) or nits (eggs) are present, the hair should be washed with a shampoo that does not contain a conditioner. Hair must be clean so the lice killing shampoo will work.
2. Apply a lice killing shampoo. These are available either over the counter or by prescription.
 - a. **READ AND FOLLOW MANUFACTURERS INSTRUCTIONS BEFORE USE.**
 - b. Treat only the household members that have lice and/or nits.
 - c. If you have asthma, are pregnant, breast feeding or have allergies to ragweed or chrysanthemums call your medical doctor before using any lice killing shampoo.
 - d. Contact your medical doctor if any child under 1 year of age requires treatment.
 - e. Follow the product instructions carefully and leave the product in the hair as directed. Do NOT cut short the time the product is on the head.
3. Once treatment is complete the child may return to school.
4. Retreat the hair as directed on the product instructions.
5. Check hair frequently and remove nits. The “No Nit” policy is no longer required to return to school but if nits are not removed, it is assumed that there may be a “fresh” case of head lice.
6. When checking the hair, divide the hair into sections and examine small sections of hair at a time. As you complete each section, clip the checked section up so you know that you have already checked it.
7. Remove all the nits by grasping them between your thumb and index finger and sliding them off the hair shaft.
8. Be Patient. Picking nits takes time.
9. Check the hair of all members of the household (treated and untreated) every day for at least one week for nits or new lice. Remove all nits.
10. Use only a regular shampoo for the next 10 days when washing treated hair.
11. No Conditioners, hair spray, gel, mousse, or shampoo with conditioner for the next 10 days.
12. Retreat as directed following the first treatment.