



Lice Control and Education Program (21 Day Home Cleaning Instructions)

You will need:

- Vacuum
- 2 unused vacuum bags
- Laundry detergent
- Laundry facilities
- Hot water
- 1 clean towel for each head treated
- 1 treatment for each head needing treated
- 1 metal lice comb
- Bowl or sink for soaking items
- Rubbing alcohol
- 4 – 10 garbage bags with tie closures
- An area to store all the bagged items for 3 weeks where no one will bother them

Day 1

- Treat all the heads of all persons in the home who have evidence of lice &/or nits following recommended Lice Control and Education program.
- 1. Apply non-pesticide treatment to the hair following product directions
AVOID PRODUCT CONTACT WITH EYES
 - If live lice are present use non-chemical Shampoo, if only nits are seen use smothering treatment.
 - Lice R Gone is a non-chemical shampoo that is rinsed out after 20 min.
 - Queen Helene must be left on for a minimum of 4 hours and then washed out in order to suffocate any live louse.
- 2. Use hair dryer to completely dry hair before checking for any remaining nits.
- 3. Pick any remaining nits from the hair by hand, a nit comb may be used but will only remove around half of the nits at most.
 - Nit combs or any other hair accessories will need to be soaked for at least a half hour after use to eliminate contamination.

After all necessary treatments have been done:

- Bag all stuffed animals and toys
- Bag coats, hats, and gloves, scarves, and sports helmets that are not necessary for the next three weeks.
- Place all bagged items in a place where they will not be bothered for the next three weeks
- Soak all plastic or metal hair accessories in rubbing alcohol for 30 minutes (If rubbing alcohol is not available then very hot soapy water may be used)



- Strip all bed linens – sheets, pillowcases, and blankets – from beds and wash them in the hottest water recommended. Dry in dryer on hottest setting recommended.
- Gather all clothing worn within the past 24 hours to be washed and dried on hottest temperatures recommended. If you do not have access to a washer and dryer on a daily basis be sure to put dirty clothes directly into a trash bag and keep tied until you can get laundry to be washed. Laundry needs to be done as soon as possible.
- Place items that can not be washed – such as quilts or pillows – in dryer on hottest temperature for 20-30 minutes. This **must** be done everyday!
- Vacuum all clothe-covered chairs and couches, all mattresses, rugs, and floors – carpeted, tile, wood, and linoleum.
- **Don't forget your car!! Vacuum the seats, headrests, floorboards, and children's car seats.**
- Remove the vacuum bag as soon as you are done and place it in a garbage bag outside of the house, if you use a bagless system the vacuum must be dumped and taken out to the trash.

DAY 2 – DAY 7

- Check all heads and pick any nits that are found
- Strip all bed linens – sheets, pillowcases, and blankets – from beds and wash them in the hottest water recommended. Dry in dryer on hottest setting recommended.
- Gather all clothing worn within the past 24 hours to be washed and dried on hottest temperatures recommended. (See day one instructions if you do not have access to a washer or dryer on a daily basis.)
- Place items that can not be washed – such as quilts or pillows – in dryer on hottest temperature for 20-30 minutes. This **must** be done everyday.
- Vacuum all clothe-covered chairs and couches, all mattresses, rugs, and floors – carpeted, tile, wood, and linoleum.
- Remove the vacuum bag as soon as you are done and place it into the garbage bag outside daily as you finish sweeping. If using a bagless system dump the container in the outside trash when you are done.

DAY 8 –DAY 14

- Check all heads and pick any nits that are found
- Vacuum all clothe-covered chairs and couches, all mattresses, rugs, and floors – carpeted, tile, wood, and linoleum. Continue to empty your vacuum canister or put the vacuum bag into a trash bag daily.

DAY 15 –DAY 21

- Decide on the day of the week you will always check heads and do a thorough check of everyone in the household including those not originally infested.



Nit-Picking 101

1. Work with bright light; sunlight is best. Wear magnifying glasses if needed.
2. Inspect 1-inch sections of hair at a time. Use a specialized metal nit comb and/or your fingers and start at the scalp. Drag the nits down the hair shaft and off the hair. Nits can be very difficult to see, especially in light hair, and you may need to feel along the hair shaft.
3. After inspecting and combing each section of hair, wipe the comb with a moist tissue. After a few sections, flush the tissue. Keep the comb in a bowl of hot soapy water when not being used.
4. Each section of hair that has been inspected should be pinned out of the way of other sections.
5. Keep combing and picking until all hair has been inspected and no more nits are found.
6. When you have finished, throw away any materials used or sanitize them in hot soapy water or rubbing alcohol.
7. Thoroughly wash your hands with soap and water, making sure to clean under your fingernails. Rinse your hands well.

This program is funded by the Department of Job and Family Services. This program is brought to you by the Clark County Combined Health District; any questions please contact 390-5600.



Instruction's for Queen Helene Cholesterol Treatment for Lice

Once you have had a shampoo or heat treatment the best way to help remove nits from the hair is to do a cholesterol conditioner treatment. The ingredients in the cholesterol conditioner help break down the glue that the lice use to lay nits on the strands of hair, making them hard to remove with the nit comb. How to apply:

1. On dry hair take conditioner and apply to scalp and dry hair clear down to the ends of the hair. The hair should be thickly coated.
2. Put a shower cap over the head and let sit for 4 hours minimum or overnight (If doing overnight make sure to cover pillows with a towel to keep from making a mess).
3. Once time is up remove shower cap and rinse head with warm water to remove conditioner from the hair.
4. Shampoo and condition like normal.
5. Take nit comb through hair wet or dry to remove any more nits.

You can do this non chemical treatment nightly if you would like, it not only assist in removing nits but acts as a smothering agent as well to anything that may be live or that may hatch before the nit is removed.





The Facts of LICE

- Lice are tiny wingless insects, usually the size of a sesame seed. One at a time is called a louse.
- Lice do not fly swim, jump, or attack. They can crawl very quickly and are difficult to catch.
- There are many kinds of lice. Humans can house three different kinds-body, pubic and head lice. All three kinds are very picky about where they will live and do not go into one another's territory.
- Head lice are usually spread by head to head contact. However, it is possible for them to move from one head to another by contact with infested items or accessories, headgear (hats and helmets), clothing, and sleep items.
- Lice seem to have two goals in life – eat and multiply. That is enough because they only live for about 30-40 days.
- Female lice don't start laying eggs (nits) until they are about 14 days old. To make up for lost time they can lay up to 10 eggs in a day averaging 5-7 per day.
- Lice feed every two hours. They eat the blood under the skin surface on their favorite body area. Being insects they leave behind saliva and excrement each time they feed.
- It is possible for head lice to live away from a human head. Depending on where they end up and how healthy they are it is possible for lice to stay alive between 24 and 72 hours without being on a head. They don't leave human heads for vacation: typically they were caught between heads or were moved by a person. It is easiest for them to hang out on upholstered furniture, clothing, and carpets or rugs.
- Lice start out their lives as nits. Nits are really just lice eggs that are usually attached to the hair shafts. The closer to the skin they are, the younger they are. Lice eggs range from pearly white to black in color. They usually camouflage to the hair color.
- It takes nits 4-9 days to hatch, depending on where mom left them.
- Nits can survive off humans. Nits of head lice can live away from human heads for up to 14 days and still hatch.
- If the nits are not on a hair shaft, the easiest places for them to finish growing are upholstered furniture, clothing, and carpets or rugs. The glue mom uses doesn't seem to work as well on smooth surfaces like wood, linoleum, or counter tops.
- Sprays sold to kill lice or nits on furniture, floors, cars, etc **DO NOT WORK!!!** They are needlessly increasing our exposure to chemical poisons.
- Some lice are unaffected by the pesticide based treatments that are often the only treatment used.
- **UNLESS THE NITS ARE REMOVED MANUALLY AND CONTROLLED THEY WILL KEEP THE LICE CYCLE GOING!!!!**

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HEAD LICE: TREATMENT AND PREVENTION

Head lice are tiny 6-legged insects that may be grayish-white or if filled with blood, reddish-brown. They don't jump or fly but they can move very fast making it hard to find them in the hair. They infect people of all ages, race and social class.

Nits are the eggs of the lice. Nits may be white to brown. Nits are attached to a hair shaft by waterproof "glue". The eggs are laid close to the scalp and hatched about every 7-10 days. They cannot be brushed out or washed out of the hair. They must be picked or pulled out regardless of the color of the nit or the placement on the hair.

Usually the first sign of head lice is continued, intense itching. Treatment is required to kill the head lice and nits. The only way to get rid of the nits is to physically pull them off the hair.

Treatment-

- Consult your Pediatrician regarding treatment for children under two years old.
- Wash all cream rinse or conditioner out of hair. Dry hair thoroughly.
- Apply non-chemical lice treatment as directed. Saturate all of hair, neck and behind the ears. Be careful not to get any in the eyes, nose or mouth.
- Leave on for required amount of time then rinse well as directed.
- Dry hair with a clean towel.
- Separate hairs into small ¼ inch sections comb through hair from scalp to ends with a metal nit comb or pick out nits by hand and throw them in a plastic bag. **All nits must be removed.**
- Tie up plastic bag and throw in garbage outside.
- Launder the towels and child's clothing after treatment.
- Continue to check the child's head daily for nits for the next 8 days.
- Repeat treatment in 7 days if indicated on product bottle.

Check all family members and do not treat anyone that does not have lice or nits.

Housekeeping- (Daily for 7 days)

- Strip the beds and wash all blankets, sheets and pillowcases in hot, soapy water. Vacuum the mattress.
- Vacuum the carpets and furniture. Dispose of vacuum bag in a plastic trash bag or empty canister into trash.
- Vacuum the car.
- Wash any clothing the child has worn in the past 7 days in hot, soapy water.
- Soak all combs, brushes, helmets and anything else that goes in the hair in very hot water for 20-30 minutes. Anything that cannot be washed (pillows, stuffed animals or objects that melt) should be dry-cleaned or sealed in a plastic bag and kept in the garage or basement for 3 weeks.

Prevention-

- Teach your child to never share coats, clothing, hats, combs/brushes, pillows, helmets, hair accessories or anything else that touches the hair.
- Make certain that whoever stays overnight with your child is nit free.
- Check your child's hair frequently for signs of lice or nits. Do not rely on your child itching; children with frequent lice do not always itch.
- Have your child bathe or shower at least every other day.
- Keep your child's hair pulled back when at school and use a light layer of hairspray to deter head lice.

The Clark County Combined Health District recommends non-pesticide treatments such as Lice R Gone and/or smothering agents such as Queen Helene Cholesterol Conditioning treatment, VO5 or some other thick agent. We are always available to assist you in the education of detection and treatment of head lice.

Caution:

Over-use of pesticide based treatments should be avoided. These treatments can be toxic.

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Remember: This information is only a guideline. If you need further information consult your Pediatrician or Physician