

10 Steps to staying ahead of **Lice**

1. Watch for signs of head lice, such as frequent head-scratching. Anyone can get lice . . . from another person or from sharing hats, brushes, combs, etc.
2. Check all family members for lice and nits (lice eggs) at least once a week. (It helps to use natural light and a magnifying glass.)
3. Treat only those family members who do have lice. Buy a lice product at your drug store, the pharmacy section of your food store or call your doctor for a prescription.
4. Follow package directions carefully! Use the product over the sink (not in the tub or shower). Keep the eyes covered with a washcloth.
5. Call your doctor first if you are pregnant, nursing or allergic to weeds, plants, etc. Never use a lice product on your baby!
6. Remove all nits (which will stay on the hair after treatment). This is essential! You can do this with a special lice comb, scissors or your fingernails.
7. Wash sheets and recently worn clothing in hot water and dry in a hot dryer. Combs and brushes may be soaked in hot (not boiling) water for 10 minutes. Items too big for wash (pillows, comforters) tie in a plastic bag for two weeks.
8. Vacuuming is the safest and best way to control lice on mattresses, rugs, furniture and stuffed animals.
9. Continue to check heads every day for 2-3 weeks to make sure head lice are gone. Regular checking is the best prevention.
10. When you find a case of lice, tell others! Call your child's school or daycare. Notify neighborhood parents.