

ALTERNATIVE NON-TOXIC TREATMENTS FOR HEAD LICE

- ❖ Coconut Oil Shampoo, Coconut Oil Soap and Olive Oil Shampoo

Common or commercial names include:

Kirk's Castile Soap (found in laundry section of grocery store)

- Directions:
- Shampoo hair in (comfortably) hot water
 - Rinse
 - Shampoo hair
 - Tie a towel around lathered hair and leave it on for 15 – 20 minutes
 - Remove towel
hair will be moist with soap. Leave it this way. Do not rinse soap out. If hair dries during the combing process, wet it again with water.
 - Remove nits with nit comb or fingernails
 - Rinse hair with (comfortably) hot water
(Crème rinse may be applied at this time or you may choose to shampoo hair with your regular shampoo, followed by a crème rinse.)
 - Continue to shampoo, check, and remove nits every 2-3 days for 3 weeks

- ❖ Vaseline Petroleum Jelly or Mayonnaise (regular not light or fat-free)

- Directions:
- Cover entire head and hair with Vaseline Petroleum Jelly or Mayonnaise
 - Wrap head with towel
 - Leave on head overnight or eight hours
 - Shampoo hair (you may need to shampoo more than once to remove this product)
- Note: Dishwashing detergents are not suitable for use on hair and should not be used in this manner. The scalp can be damaged.
- Remove nits with comb or fingernails

CHECK HEADS EVERY TWO OR THREE DAYS FOR THREE WEEKS BEFORE DECLARING VICTORY

HOW TO TREAT HEAD LICE USING A PEDICULICIDE

RID®, PRONTO®, CLEAR®
and other pyrethrum based products

Prepare the child or adult by talking about the process. Start by removing upper body clothing, replacing it with a towel around the shoulders. A dry washcloth over the eyes will help keep the product out of the eyes. Products should not be inhaled or swallowed. Products are not to be used near the eyes and should not come in contact with other mucous membrane surfaces, such as the nose or mouth. Using the shower is not recommended. Using a sink is preferred, to keep body exposure to the pesticide minimal.

1. Apply the lice killing agent to **dry, freshly shampooed** hair.
2. Leave on exactly ten minutes. Start timing when the entire product has been applied.
3. Add warm water and lather.
4. Rinse thoroughly and towel dry.
5. Comb hair to remove tangles.
6. Part hair into sections. Start at the top of the section chosen and place the teeth of the special nit removal or pet flea comb as close to the scalp as possible and comb away from the scalp.
7. Clean comb after each stroke. Wipe lice and nits from the comb with a tissue, placing it in a bag, close the bag and place in trash.
8. When finished combing, recheck the entire head for nits and repeat combing if necessary.
9. Check hair every two to three days for live lice and nits. Manually remove all live lice and nits found following treatment and for seven days. Do not retreat sooner than seven days.
10. Repeat treatment, following the same steps, in seven to ten days.
11. If the problem persists following the second treatment and cleaning of personal and household items, check with your health care professional. Do not repeat treatment.

HOW TO TREAT HEAD LICE USING A PEDICULICIDE

NIX®

A permethrin based pediculicide

1. Wash hair with **regular** shampoo, one that does not include a crème rinse or conditioner (often named as a plus product, or it may say “combination” or “2 in 1” in the name or on the label).
2. Rinse shampoo out of hair and towel dry so hair is damp, not wet.
3. Shake the bottle of NIX® well. Apply enough NIX® to soak the hair and cover the scalp. Be sure to apply NIX® behind the ears and at the base of the neck. You may need to apply the entire bottle of NIX®.
4. Leave NIX® on the hair for ten minutes, but **NO** longer. Start timing as soon as all the NIX® has been applied.
5. Rinse with water.
6. Towel dry hair.
7. You may choose to comb out the tangles before sectioning the hair and combing for lice and nit removal.
8. Part the hair into four sections. Select a section. Start at the top of the head in the section chosen.
9. With one hand, lift a one-inch strand of hair. Place the teeth of the special comb as close to the scalp as possible and comb away from the scalp.
10. Using clips, pin back each strand of hair after combing out the lice and nits. Clean the comb as you go. Wipe the lice and nits from the comb with a tissue and dispose of the tissue in a sealed bag to prevent reinfestation.
11. When finished combing, recheck the entire head for nits, and repeat combing if necessary.
12. Do not wash the hair for two days, then use a mild baby shampoo.
13. Recheck the head every two or three days for the next two weeks. If lice or more nits are found remove them mechanically or manually.
14. Retreat in 7 days only if live lice or nits are present. You may need to return to your health care provider for additional NIX®. If lice or nits are present

following a second treatment do not repeat. Check with your health care provider.

NIX® is not to be used on infants less than two months of age. Manual removal of lice and nits is recommended. Pregnant women and nursing mothers should check with their health care provider before using NIX® on themselves or before putting NIX® on another person. Persons doing multiple treatments are advised to use gloves when doing treatments. Advise asthmatics to check with their health care provider before using NIX®. Advise anyone doing treatment or receiving treatment that has a history of allergic reaction to flowers or weeds or has had a previous reaction to NIX® to check with their health care provider before using NIX®.

ATTENTION TO THE ENVIRONMENT

Where time and energy are limited, concentrate on inspection and combing rather than on extra washing of clothing and bedding.

Lice and nits can survive for a short time away from the safety of the warm head, so it is important to give close attention to those places in the environment they may have come to rest.

DO NOT USE SPRAYS OR BUG BOMBS. Sprays and bombs may unnecessarily expose your family to dangerous chemicals.

Vacuuming is recommended for removal of lice and hairs with egg cases (nits) attached.

Background Information:

Lice need warmth and food to survive. They have both when they are on a human head. They do not leave their food and heat source unless something disturbs their ideal environment, they are injured, or are moved by force. Lice that are easily dislodged from their hosts are usually feeble and are unlikely to infest a new host. Lice do not live in the carpets, furniture, bedding or on animals. If they are found in these places, it is incidental that they are there. Unlike fleas, lice do not live in the carpet. Lice only live on human heads. If they are on anything else, they are not getting the warmth, humidity and food they need to live. Animals do not spread head lice. Lice do not live on animals, so animals do not need lice treatment.

If, however, a louse is not on a human head, it may be able to crawl onto a human head. It is possible (unlikely, but possible) it could re-locate.

- ❖ Vacuuming the area and objects most likely to come in contact with a head might keep lice from spreading. Carpets, headrests and favorite stuffed toys should be considered for vacuuming.

Vacuum:

- Mattresses
- Carpets and rugs
- Upholstered furniture
- Furry and fuzzy toys
- Car or truck, paying particular attention to head rests

- ❖ Washing bedding in water at least 130° F. and drying in a dryer on the hot cycle for 20 minutes or hanging laundry in sunshine is recommended. Those items that cannot be washed may be dry-cleaned, ironed with a hot iron or placed in a plastic bag and closed for at least two weeks. They can also be bagged and put in freezing temperatures for twenty-four hours. Any live lice or nits that might hatch will die during this time.
- ❖ After cleaning (an old toothbrush works well for this), soak combs and brushes in hot water (130° F), maintaining the temperature for 20 minutes or soak in rubbing alcohol or Lysol for 10 minutes or wrap them in plastic and throw them out.