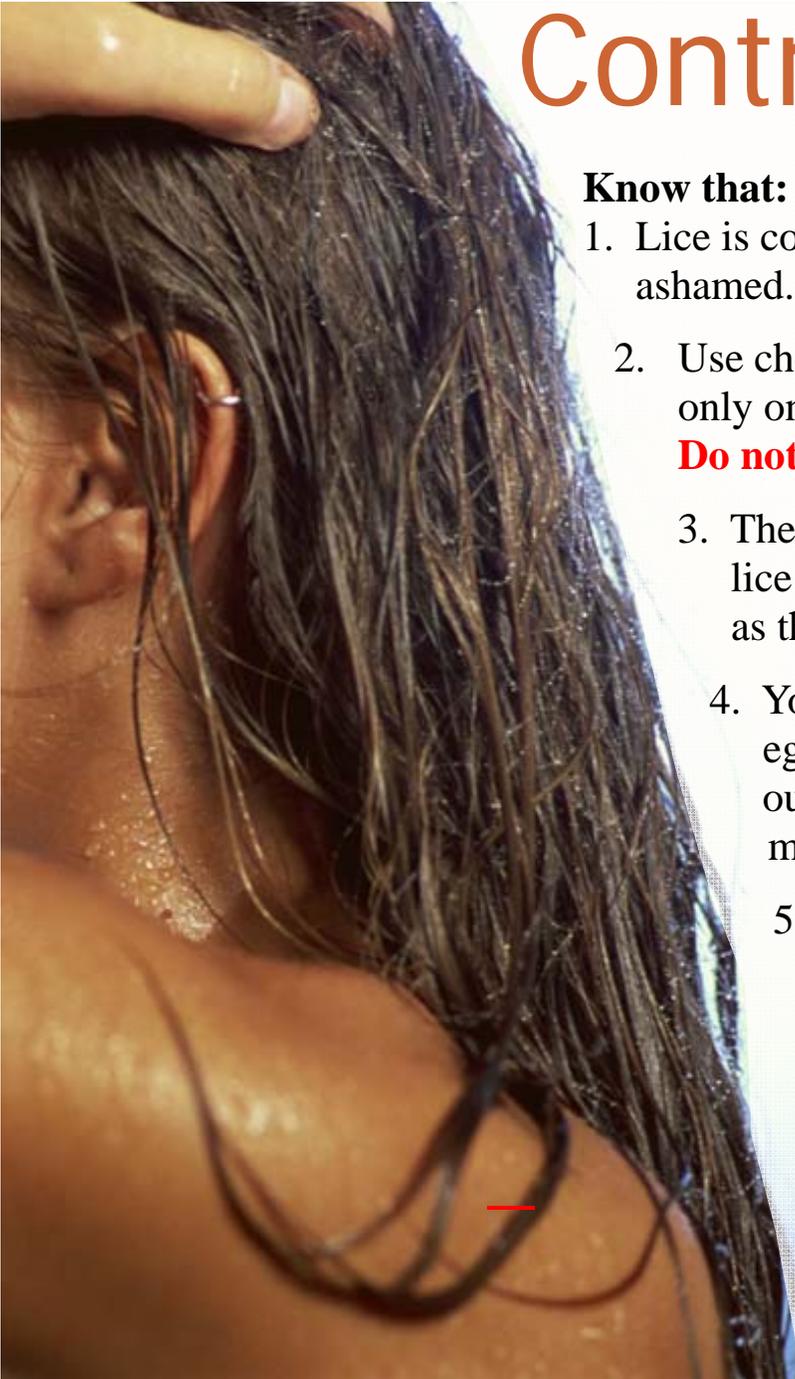


6 Steps to Head Lice Control



Know that:

1. Lice is common and you should not feel ashamed.
2. Use chemical shampoo's "Rid®" or "Nix®" only once, then again in ten days if needed. **Do not use more often.**
3. The entire head must be combed free of lice and eggs with a metal nit comb such as the "LiceMeister®."
4. You must comb and pick out lice and eggs for 2-4 hours a day until **all** eggs are out. (You can use oils or hair gel to make combing easier.)
5. After there are no more eggs or lice, you must look through the hair every day for 4 weeks.
6. To prevent the lice from returning, avoid head-to-head contact. **Do not share** hats, coats, scarves, head phones, brushes, combs, barrettes or pillows.

For more information contact: Your local health care provider, school nurse, or contact Shasta County Public Health at 225-5591.

Additional resources:

Shasta County Public Health website
www.publichealth.net

National Pediculosis Association
www.headlice.org/

Treating Head Lice infestations
www.cdc.gov/ncidod/dpd/parasites/lice/2005_pdf_head_lice.pdf