

How do I look for lice?

This is also how to do a wet comb treatment.

What you will need: lice comb, paper towels, and thick white conditioner such as Pantene.

Watch youtube video: Comb Out, Comb Out, Wherever They Are

1. The hair should be damp, not dripping.
2. Make sure there is good light.
3. Comb the hair and cover with a thick white conditioner such as Pantene (you are trapping lice)
4. Using a lice comb, start with the teeth of the comb touching the skin of the scalp at the top of the head. Comb the hair from the roots to the very end of the hair.
5. Wipe comb off on paper towel and look for nits or lice
6. Repeat. Repeat. Repeat. Do this over and over again from the scalp to the edge of the hair in every direction, working round the head.
7. It takes **at least** 15 minutes to do properly comb each head. Make sure you cover every inch of the scalp, including the area just behind the ears and at the nape of the neck
10. If there are lice, you will find them on the comb or on the paper towel in conditioner. Lice are generally brown on the paper towel. Nits are generally black and look like very small seeds



What if I find lice?

There are several ways to treat lice—call your pediatrician and have them give advice and prescribe a medicated shampoo. NIX is available at the drugstore. . . or you can go to a nit picker. Whatever method you use, know that the only way to get rid of lice is by continuing to check and comb thru the hair. You must comb thru the hair every 3-5 days for 2 weeks. There is no 100% treatment.

How Do I keep lice from coming back?

All bedding, towels, hats, coats and clothing from the infected individual should be cleaned with soap and hot water and placed in a dryer for at least 20 minutes to help kill any remaining lice. Dry-clean or Seal the stuffed animals and non-washables in a plastic bag and leave them for 10 days to allow all lice to die of starvation. Throw out hair accessories, such as hair elastics and ribbons.

Thoroughly vacuum carpets, mattresses, car seats, and upholstered furniture. Without this step, reinfestation is likely.

Remember to Recheck

No treatment for head lice is 100 percent effective. Therefore, keep looking for head lice and nits, and keep using the lice and nit removal comb.

I Need Help!! There are professional nit-pickers that for a fee will remove lice and nits from the child's hair and put your mind at ease. Here are a few names that other parents have used. **Dahlia of Lice Busters:** 718 360-1830 (\$100-150/head). **Juleen Reiser** (comes to your house)—uses Fairy Tale natural products 917-796-6596 (\$125-150 will check family). **LiceEnders:** both home visits and a salon: <http://www.licenders.com>. **Abigail** (one time fee for multiple visits) 718-435-2592.

In addition the PTA has purchased combs that you can borrow should you not feel you cannot purchase one of your own. Please remember that lice travels quickly and therefore is a community effort to control. If we all work together we can keep our classrooms and homes lice free.