

HEAD LICE (PEDICULOSIS) TREATMENT INSTRUCTIONS

1. Use a pediculicide (head lice killing product)
 - Many people first try a lice killing shampoo or crème rinse. Most of these products contain a pesticide and must be used very carefully. (**Permethrin is not approved for use on children less than 2 years old**)

2. Olive Oil Treatment:
 - Olive oil smothers or suffocates the head lice.
 - Apply olive oil to hair every 4 days over a 21 day period (this time frame coincides with the life cycle of the head louse).
 - Day #1 date _____
 - Day #5 date _____
 - Day #9 date _____
 - Day #13 date _____
 - Day #17 date _____
 - Day #21 date _____
 - Use the olive oil treatment on days 1 & 2 in addition to all other recommended days listed above, if you prefer not to use a pediculicide.
 - Instructions on applying olive oil to hair:
 - Apply olive oil to dry hair (use enough to saturate **all** hair)
 - Leave olive oil on for a minimum of 8 hours. If applied before bedtime, cover hair with a towel and secure with a clean hat. **DO NOT USE PLASTIC SHOWER CAPS ON YOUNG CHILDREN.** (Wash hat and towel after using).

3. Clean the environment:
 - Head lice are easily spread. Treating the host(s) and nit removal are the most important steps. At the same time, the home must be appropriately cleaned to decrease the spread and reinfestations. (Please see additional handout for specific cleaning instructions).

4. Remove the nits (eggs)
 - After 8 hours of olive oil treatment, leave olive oil in hair and comb nits/lice out with a metal nit comb by separating hair into sections (you may also use fingernails to remove nits).
 - Wash hair to remove olive oil when finished.

5. Check for and remove the nits
 - In bright light, separate the hair into small sections. Remove all attached nits. This step should be done daily for 2 weeks or until there are no more nits

Please visit the Auglaize County Health Department website (<http://www.auglaizehealth.org>) and view the Sawyer Mac head lice treatment video for reference in head lice treatment.

Return to school: Each school may follow a different policy, so please check with your child's school regarding their head lice policy and when your child can return to school.