

Getting Rid of Head Lice

1. Use lice shampoo treatment as directed. There are many over-the-counter products. Please discuss with your doctor or pharmacist for the treatment option that best fits your family.

- Lice Clinics of America in Dubuque (liceclinicsdubuque.com) –This clinic offers services from detection to removal. Call 563-231-2352 for prices.

2. Wash all bedding and coats in hot water and dry on high heat for at least 10 minutes. Change bedding daily. Lice can live off the body for 24-48 hours. Lice can crawl from pillows back to a person's head. They are looking for a host to live on.

3. Vacuum floors, furniture, car seat, etc.

4. Place stuffed animals in garbage bags until treatment is complete (1-2 weeks)

5. Check & Comb hair daily. Many of the products will only kill the live bugs. The nits (eggs) need to be removed daily. The products cannot kill the egg due to the cement-like shell of the eggs. Physical removal by a special lice comb or removal of the strand of hair is essential in getting rid of head lice.

- Comb out the child's hair and separate hair into small sections.
- Starting at the top of the head next to the scalp, lift one inch of hair up and out and comb the entire length of the hair strand using a lice comb. Continue until all sections have been combed, including bangs.

6. After 2 weeks, if crawling lice are present, contact your doctor.

How did my child get head lice?

Direct contact with an already infested person is the most common way to get head lice. Head-to-head contact is common during play such as sports activities, on the playground, slumber parties, etc. Please remind your son/daughter of being careful about head-to-head contact and to not share combs, brushes, or hats.