

# 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](http://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.