

Completing the Treatment

- Wait 2 minutes and then **comb** out the cleanser. Wipe the excess cleanser onto another **towel**. The goal is to remove as much cleanser as possible so it will take less time to blow dry the hair.
- Remove nits with a **lice comb**. Place the lice comb at the scalp and slowly comb through. Swish the comb in a bowl of water to see if anything comes out. A white bowl works best to spot the nits. Flush the water down the toilet when done.
- Blow dry the hair so that the scalp, roots and strands are completely dry. This is very important so the cleanser adheres to the lice and cannot be rubbed off on a pillow. Expect blow drying to take three times longer than it normally does. Do not apply hair products.
- Leave the dried cleanser on the hair overnight or for at least 8 hours.
- Shampoo with your normal shampoo. You can rinse hair with a 50/50 mixture of vinegar and warm water and then comb again with the lice comb before shampooing. The vinegar helps to loosen the nits.
- Check daily for live lice and nits. Remove nits immediately. Retreat with Cetaphil if you see live lice or contact your pediatrician for advice.
- Repeat this treatment after 7 days and again 7 days after that to kill any newly hatched lice before they become adults and lay eggs. This is a crucial step to break the lice life cycle.

Tips Sterilize the combs in rubbing alcohol for 10 minutes. Wash the towels in hot water and place in the dryer on high heat for at least 10 minutes to kill any lice on the towels.

Warnings Don't skimp on the amount of Cetaphil used. The head should be saturated and cleanser should be dripping off the hair. It is very important that the application tip is touching the scalp at all times and the Cetaphil is applied in a crisscross pattern to achieve uniform coverage. Don't dump the Cetaphil on the hair and just try to massage it in.

References

- Lice Procedure.* (2007) Reno County Health Dept. January, 2008
- Lice: Treatment.* Revisited August 18, 2016, from Centers for Disease Control Web site: <http://www.cdc.gov/parasites/lice/treatment.html>
- How to Treat Head Lice With Cetaphil. (July 27, 2017). Retrieved September 23, 2019 from Healthfully Web site: <https://healthfully.com/treat-head-lice-cetaphil-2123367.html>

Vision: Reno County Residents are living long & healthy lives

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Office Hours

Monday, Tuesday, Thursday: 7:30-6:00
Wednesday: 9:00-6:00
Friday: 7:30-Noon

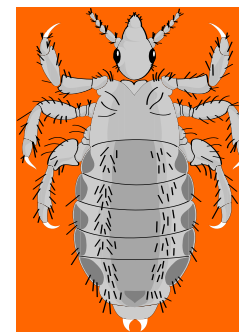
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MASTERS\BROCHURES\Headlice Brochure: 9/2019

Head Lice

Questions & Answers



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You're not alone...

Nearly every year 3 million Americans, most of them children, get head lice.

What are head lice?

Head lice are very small bugs called parasites that can infest the hair on the human head. These bugs hatch from small eggs (called nits) that are attached to the



Actual size of the three lice forms compared to a penny. (CDC Photo)

base of individual hairs on the head. It usually takes about 10 days for the eggs to hatch with maturity taking place about 2 weeks later. The mature female louse can lay up to 6 eggs per day and have a life span of 20 to 30 days. For nourishment lice feed on human blood in their mature form as well as their immature form.

Who gets head lice? Anyone can!

Why remove all the nits?

Complete nit removal is important to check the success of the head lice treatment.



Adult head lice are 2.1–3.3 mm in length.

How is it spread?

- All it takes is direct contact (hugging, sleeping next to, playing closely with, etc.) to anyone who has head lice or by indirect contact such as the sharing of personal items (combs, brushes, hats, scarves, etc.) contaminated with lice or their eggs.
- Animals do not carry head lice.

What are the signs?

- Itching of the head and the back of the neck.
- Maybe some swelling in the lymph glands of the neck and/or in the armpit area.
- In more severe cases, muscle aches or fever may occur.
- Nits are oval shaped, white, gray, or light brown. They may be attached to individual hairs close to the scalp. Unlike dandruff, nits are not easily removed.
- There may be scratch marks or open sores in the scalp.
- The actual lice are very tiny and may be seen as black or rust colored dots that cling to the base of the hairs. Use of a magnifying glass makes them easier to see.



How are head lice treated?

(If the child is under the age of 2, a physician should direct the treatment.)

- Follow instructions on the label for over-the-counter pediculicidal treatments.

What else needs to be done?

All on the 1st day of treatment:

- Check other members of the family for nits or lice.
- If others in the family have head lice, all should be treated at the same time so as to prevent re-infestation.
- Wash all bed linens on any bed that infected person laid on.
- Wash clothing worn by the person(s) with head lice.
- Beds should not be shared when head lice are present (or treatment is being given).

How to Treat Head Lice With Cetaphil

Often parents are reluctant to apply chemical shampoo to a child's head to treat lice. Lice are becoming resistant to the chemical shampoos, and sometimes you still have lice after a chemical treatment. Smothering the lice has been a long-standing non-chemical treatment. Cetaphil is one smothering method that pediatricians may recommend to kill head lice, and it's not as difficult to remove from the hair as mayonnaise or olive oil.

Supplies needed:

- * Cetaphil Gentle Cleanser (12 oz. bottle)
- * Clear application bottle with tip (8 oz. size) This can be found at a beauty supply store.
- * Towels
- * Comb and **Lice comb**
- Fill the **application bottle** with **Cetaphil**.
- Drape a **towel** around the shoulders to catch any extra cleanser that drips off the hair. The hair should be dry for this treatment.
- Begin at the nape of the neck on the left side and apply the cleanser directly to the scalp moving back and forth from the nape of the neck to the front hairline until you reach the right side. This should use 1/4 of the cleanser.
- Change the direction of the zigzag pattern to crisscross the first pattern. Now the application bottle should be half empty.
- Repeat the steps above on the right side of the scalp. Now the application bottle should be empty.
- Massage the cleanser into the scalp.
- Refill the bottle half full if you child has long hair. Squirt the cleanser on the hair strands and massage it in.