

How To Get Rid of Head Lice In Your Home

1 Identify People At Risk To Be Infested With Head Lice

- If a child in the household has head lice, it is important to examine the hair of those in close personal contact with the infested child carefully for lice.
- Any sign of live lice or nits within 1 cm of the scalp should be treated. Children who share personal items should be examined closely.



2 Wash Items Infested With Head Lice

- Head lice can't survive off the scalp for more than 48 hours. If a head lice infestation is discovered and treated, it is important to wash all items that have been in contact with the child for the last 48 hours.
- Pillows, sheets, pajamas, towels, clothes all need to be washed and changed daily until head lice are gone.
- Wash contaminated items in the hot washing cycle and dry in a dryer with the heat setting turned on.
- Make sure to wash personal hair care items such as combs, brushes and hair bands in hot water every day to eliminate head lice.

3 Vacuum High Risk Spots

- Although a much larger than usual house cleaning effort is most likely not necessary for getting rid of head lice, it is wise to thoroughly vacuum certain key areas.
- Furniture that might have been in contact with the head of the infested child, like a couch or a car seat, should be vacuumed.
- Be sure to focus on the area where the child rests his head. Vacuuming can be done daily until the head lice have disappeared.

4 Seal Non-Washable Items

- Any item that cannot be washed, such as stuffed toys and hair accessories, should be bagged and sealed for two weeks.
- During a two week period any remaining nits on the items would have hatched and died without a source for feeding.

5 About Fumigant Sprays For Head Lice

- ! The use of fumigant sprays designed to kill head lice is not recommended.
- The chemicals in fumigant sprays do more damage than good, because they can be toxic when inhaled or absorbed through the skin.

