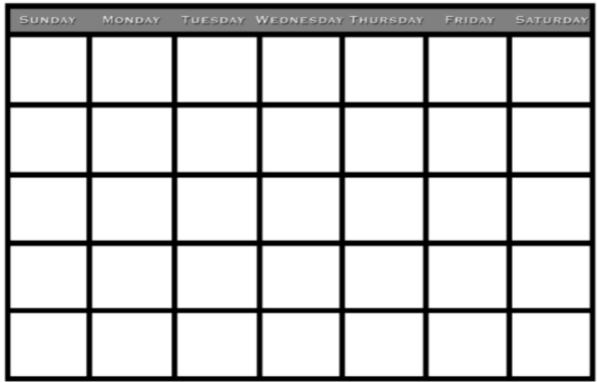
Nit Picking Calendar



© Cegeon Calendars

This calendar is used to record nit picking sessions and findings. Fill in the date on the calendar and use it for the duration of the treatment.

Key:

Notes and Questions:

Nits and Lice Found-X Nits Found-/ Lice Found-* Treatment Applied- + Nothing Found-O

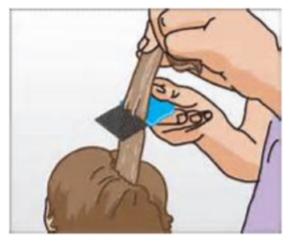
Head Lice



Identify
Treat
Eliminate



Ask your child's physician which product would best treat your child.



Separate hair into 1/4 inch sections and comb through or manually remove lice and nits.



Step by Step: Treating Head Lice

- 1. Identify that your child has head lice.
 - · A live louse is seen
 - Egg cases or "nits" are seen 1/4-1/2 inches from the scalp
- Contact your child's physician for a recommendation on which product would best treat your child.
- Often a shampoo or conditioner is recommended that contains a pediculocide. This chemical will kill or weaken the lice. Use the product exactly as directed on the label. Most products only kill lice not the nits.
- 4. Nits will need to be manually removed with a lice comb or with your fingertips. Use the comb provided with the product or purchase a separate metal lice comb.
 - . Separate the hair into 1/4 inch sections and comb through starting at the scalp.
 - Work from one side of the head across the back to the other side. Then do the top of the head, always looking at the hair in <u>1/4 inch sections</u>.
 - When nits and lice are found, either comb them out or remove them with your fingertips.
 - · Always dispose of lice and nits in the trash. If thrown on the floor they may hatch.
- Remove all bedding and towels and wash in the hottest water tolerated and dry on the hottest heat. Wash all coats and sweatshirts. Wipe down backpacks and helmets.
- 6. Vacuum all rugs, floors, furniture, and family vehicles, including child safety seats.
- 7. All stuffed animals and decorative pillows, that can't be washed, should be placed in the dryer for 20 minutes on high heat.
- Items that can't be heat treated, washed, or vacuumed, should be placed in a plastic bag and stored for at least two weeks.

Daily Tasks:

- Place bedding in the dryer for 20 minutes. Sleeping bags work well and save time with this task. If Items can't be placed in the dryer, vacuum them.
- Nit picking is done once a day on dry hair and should continue for two weeks. If live lice or nits are not seen after two weeks, then checks can be <u>slowly</u> tapered off to once a week.
- If live lice are seen on week after initial treatment, another application may be needed. Follow the directions on the original product for reapplication instructions, or consult you child's doctor.
- 4. If an additional application is needed, continue daily nit picking for another two weeks, then taper off.