TIPS FOR REMOVAL OF NITS AND LICE

1. Find a well-lighted area. Natural light is best, such as a window or outside. A strong lamp can be used as well.

2. Comb out all tangles with a regular comb or brush.

3. Dampen hair if it is not wet. Use a spray bottle to re-moisten hair.

4. Part hair into small sections and pin. Start by lifting a one-inch section.

5. Using a special lice comb, begin at the scalp and with a firm even motion draw the comb through to the very end of the strand. Keep the teeth of the comb deep into the hair while pulling. Try combing from the end of the hair toward the scalp if tolerated.

6. With each pass through the hair, clean the comb debris by dipping it into a cup, wiping with a paper towel or placing under running water.

7. Continuing combing until the hair section is clear, you may need to use fingertips or baby scissors on individual hair strands. Then pin the section up and proceed through the rest of the hair.

8. Recheck the head after combing and remove any remaining nits.

9. Recheck daily for two weekly thereafter. Even with thorough nit removal eggs can be left behind. Finding them early is a key to keeping them from hatching and restarting the cycle.

SOME HELPFUL HINTS:

- Children get bored easily! Place them in front of a book or video. This could take several hours.
- Take frequent short breaks, children find it difficult to sit still for long periods.
- Make sure the hair is very well combed before starting; the lice combs can really pull.
- Use a team approach; try to enlist all family members to help.
- Use a magnifying glass if there is difficulty in seeing the nits or lice.
- Many find metal lice combs to work more efficiently.
- Make a head lice check part of your child’s regular hygiene care.

**Head Lice Resource Team**