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From: The Branch-Hillsdale-St. Joseph Community Health Agency

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LICE: Not Again!

Now that school is back in session are you seeing lots of head scratching going on around you? Are you starting to get itchy yourself? The answer to this bothersome problem could possibly be right “above” your nose. LICE.

Every year thousands of students are treated for lice infestation and with lice becoming more and more resistant to chemical treatments, the elimination of these pesky pests is becoming very difficult and challenging. No need to worry....The Branch-Hillsdale-St. Joseph Community Health Agency has some great advice to help nip this problem in the bud, before Mr. and Mrs. Lice and their offspring, the nits, become permanent inhabitants of your home and School environment.

The best way to keep “bugs out” is to take control. If lice is found on your child’s head make sure you follow these instructions carefully in order to ensure your home and family becomes lice and nit free:

Option # 1. This method has been the most successful. (Treatment takes about 12 hours).

- * **Rub olive oil all over the child’s head. Work it right down into the scalp.**
- * **Cover hair with a plastic shower cap (use extreme caution with small children under 3).**
- * **leave cap on for 12 hours.**
- * **Shampoo several times with a mild shampoo.**
- * **This method may be repeated a second time for very thick or long hair.**

Option # 2. Use Felsnaptha Soap (found in most grocery stores with other bar soaps) as a regular shampoo daily for 3 days.

After treatment option #1 or #2, you next need be sure all nits (eggs) are removed. This can be done with your fingers, tweezers or an old toothbrush. With a toothbrush be sure to brush away from the scalp. Be sure to work in bright light and take your time. It is essential all nits be removed. If you do not feel you can effectively remove all of the nits yourself, the following method is recommended (to be done after one of the above treatments has been completed).

- * Mix 1 cup of mineral oil with ½ cup of non-aerosol hair spray – rub thoroughly into the scalp.
- * Leave mixture in hair for 10 minutes.
- * Wash hair with shampoo.
- * Comb or pick out nits. (Nit comb, tweezers or fingers)
- * Note: Hair will be oily, so wash often.

Cleaning instructions that are a MUST in addition to treating infested hair.

- * Wash infested clothes, bed linens, favorite blanket and towels. (HOT water is a must)
- * Soak combs and brushes in boiling water for 10 minutes (or soak in rubbing alcohol for 20 min.)
- * Vacuum EVERYWHERE; Carpets, pillows, mattresses, upholstered furniture, car seats, car headrests.
- * Stuffed animals can be put in sealed bags for 10 days or in a hot dryer for 20 minutes

For more information contact the Branch Hillsdale St. Joseph Community Health Agency at:

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Sturgis

Hillsdale

Three Rivers

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269-659-4013 ext. 109

517- 437-7395 ext. 107

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**Branch – Hillsdale – St. Joseph Community Health Agency
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