

Lice Advice

From Stoddert Families Who Have Been There

Anyone can get lice. It has nothing to do with cleanliness.

How to check for lice:

- Get paper towels, a plastic bag, a magnifying glass, and a comb (ideally a metal lice comb but you can use a plastic lice comb or any comb in a pinch).
- Wipe out your tub or sink to be sure it's clean (so you can see stuff that falls out).
- Position your kid so he is facing the tub or sink, head bowed.
- Comb all the hair forward, into the tub or sink. At this point, you may see bugs falling out of your kid's hair into the sink or tub. Don't panic. Wipe those up with a paper towel and place in the plastic bag.
- Look closely at the hair you may pull out and at the paper towel you use to wipe the comb. If you see tiny dots clinging to the hair or on the paper towel, your child has lice.

If you see bugs or nits and you don't yet have a metal lice comb get one:

Nit Free Terminator Lice Comb: <http://amzn.com/B000HIBPV8>

LiceMeister Lice and Nit Removal Comb: <http://amzn.com/B001FVR0KG>

Lice treatment:

- The shampoos only kill the bugs, not the nits. You still have to do the comb-outs to remove the nits.
- I find it's easier to get the nits and a lot less painful for the child to use conditioner in the hair. Get a really big, cheap bottle of conditioner. Put a large amount of the conditioner in your child's hair.
- You will also need a roll of paper towels to wipe the comb off each time as you comb the hair.
- Using your metal lice comb, comb through your child's hair, section by section being sure to go all the way to the scalp and work back. The conditioner will collect in the comb, simply wipe it off on a paper towel.
- If you see little black dots in the conditioner, they are nits. You may also see larvae (small bugs) or adults (larger bugs). Throw the paper towels away in a plastic bag after you use them.
- Reapply conditioner as needed to continue combing through the hair.
- Comb all 4 directions – all the way forward, all the way to the left, then to the right, then all the way back. If you or your child has long hair, section it off with rubber bands. You must comb a hair in all 4 directions in order to dislodge the nits.
- Continue to comb until there are no more black dots on the paper towel.
- Check everyone in the family.
- Launder all clothes, sheets, and towels in hot water, dry on high heat.
- The most important items to wash are pillows, backpacks and coats.

If you want to outsource this whole process there are companies that you can hire to come and remove the lice from your family's hair. Here is one:

<http://www.licehappens.com>