

Cleaning Your Home



Head lice do not live long once they fall off a person. The CDC recommends focusing on items used by the person with lice during the two days before treatment.

Simple cleaning steps:

- Wash bedding, clothing, and towels in hot water and dry on high heat.
- Soak combs and brushes in hot water for 5-10 minutes.
- Vacuum where the person sat or laid.
- Do not use fumigant sprays or fogs. These can be toxic if inhaled or absorbed through the skin.



We're Here to Help

Head lice can be stressful - but with the right steps, they can be treated and controlled.

FMDH Public Health can provide guidance on treatment options for head lice.

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Southwing Entrance

 Monday - Thursday
8am - 5pm

 fmdh.org/publichealth



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Head Lice

How to Identify, Treat & Prevent Reinfestation

Head lice are common, treatable, and not a sign of poor hygiene. This guide can help you know what to look for, what steps to take, and when to call for help.



What are Head Lice?

Head lice are small insects that live in human hair and feed on blood from scalp. They can cause itching and discomfort.

Good to know:

- Head lice do not jump or fly.
- Pets do not get or spread head lice.
- Having lice does not mean someone is dirty.

How do I Check for Head Lice?

Use bright light and look closely at the scalp, especially:

- Behind the ears
- Around the neckline
- Close to the scalp

Look for live crawling lice or nits, which are lice eggs attached to the hair shaft.



My Child Has Lice, What Do I Do?

Check household members and close contacts.

The CDC recommends checking household members and close contacts and treating those with an active infestation.

Use lice treatment as directed.

Over-the-counter and prescription treatments are available. Always follow the directions on the product label.

Comb through the hair.

A fine-tooth nit comb can help remove lice and nits after treatment.

Tell daycare or school if your child was exposed.

Treatment Tips

Some lice treatments kill both lice and eggs, while others kill lice but may not kill eggs. If the treatment does not kill eggs, retreatment may be recommended about a week later, depending on the medication.

Important reminders:

- Follow the instructions on the bottle or package.
- Do not use conditioner before lice medication unless the product directions say to.
- Talk to a healthcare provider before retreating if the medication does not seem to be working.
- Ask a healthcare provider before treating young children.

