

## The Treatment of Head Lice:

The control of head, body and crab/pubic lice is a medical problem, period! The reason is because they can only survive for a short time off the host (48 hours). There is no need for a pest company to come in to eliminate the head lice. Everything can be done by you, just follow the instructions listed below.

Shampoo treatments over-the-counter preparations containing insecticides are the normal therapy for head louse infestations. Instructions for the use of these products are on the label, and two or more treatments are required for control because the eggs (or nits) may not all be killed by the first treatment. Each additional treatment is done one week following the previous treatment.

It is recommended to machine wash and dry clothing, bedding and towels used by the infested individuals. Gather infested clothing and bedding in plastic bags before laundering so as to avoid exposing non-infested individuals to possible infestations. Wash in very hot water or boil for at least 10-15 minutes, then dry on hot cycle for at least 20 minutes, and press with a hot iron with special attention to the seams. Dry clean any clothing that cannot be machine washed.

The individual needs to take a long, hot, soapy shower.

Soak hair care items in rubbing alcohol or medicated shampoo for 1 hour, or just through them away.