

St. Cloud Area Schools District 742

Chemical Free Treatment for Head Lice

HAIR



Step 1

Wash hair with Baby Shampoo or another over the counter shampoo. Do not use conditioner. Dry hair thoroughly.

Step 2

Apply a suffocating agent such as olive oil or vegetable oil (not petroleum gel) liberally to scalp and cover for 8 hours with shower cap.

Step 3

Comb hair with regular comb to work out snarls. Then comb hair with nit comb and warm vinegar water to remove nits. Using your fingernails to remove the nits works as well. To prevent contamination of nit free hair with hair containing nits, separate hair into sections and rinse comb under hot running water before wiping with paper towel to remove dead nits. Place the dead nits in plastic lined bag and when finished put the tied liner in the garbage outside. Depending on thickness and length of child's hair, this step could take up to 1 hour.

REMOVING THE NITS IS THE MOST IMPORTANT PART OF THE TREATMENT!

Step 4

Shampoo hair again 2-3 times to remove the oil. After each shampoo repeat process of combing with regular comb and then nit comb to remove nits.

Repeat steps 1-4 every four days for three weeks.

HOME



Step 1: Home

Vacuum carpet, rugs, furniture, and car seats.

Step 2: Clothing

Wash all linens, coats, and hats in hot water and dry in dryer at highest temperature.

Step 3: Hair Accessories

Boil brushes, combs and hair accessories.

Step 4: Household Items

Thoroughly clean telephones and headphones. Stuffed animals should be bagged for a period of 2 weeks to reduce risk of re-infestation.

Note: Do not use any over the counter pesticides in your home. These can be harmful to your family and do not kill lice.

If the lice do not die after following this full treatment, it is recommended that you use one of the alternative methods listed on the 742 school district website: www.isd742.org

References

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