

## Lice at School

Many people have approached me with questions about lice, so I thought I would write some Q & A's

1. What is the most efficient/ least expensive way to get rid of lice?  
First, shampoo the hair to kill the living lice (follow directions on package). Then remove all nits (eggs) manually. All nits must be removed because there is no product that kills the nits. Picking them out one by one is most reliable, or use the "Terminator" comb (see below). If nits are left in, they will hatch and start the cycle all over. This is the most important step. Many people do not remove all the nits and have to spend money on more products etc. Get rid of all the nits at once. The bedding should be washed with hot water and dried on hot cycle. A quick vacuum of the house would be advised. Throw away (or put aside) all brushes, combs, etc.
2. What product is the best for getting rid of lice?  
It is up to you what product to use.
  - pesticide treatments (use **Nix** not Rid)
  - non-pesticide treatments
    - Neem oil (found at health food stores) or
    - Nit Free (found on line)
  - The best comb for removing nits (eggs) is called the "Terminator". Most other combs are useless.
3. How long do lice live off of the human head?  
Some studies suggest that lice do not live off of a human host for more than 4 hours. Regardless of how long they can survive, lice do not like to crawl off a human host because separation from an environment they need for survival, means death. That is why it is unlikely to find lice on furniture, clothing, or surfaces other than the head. This is why it is not recommended to get carried away cleaning the house. Spend your time removing all nits.
4. What is a good way to prevent my child from getting lice  
If your daughter has long hair, wear it up (braids are the best)  
Short hair is best  
Tell your child not to share hats, brushes etc.

If you have any questions, or need help please call me or email me. I ordered the best and safest lice products and have them ready if you would like to purchase them at cost (including the Terminator comb and Nit Free shampoo).

Deborah Meshel, RN  
School Nurse  
492-3718  
DMeshel@Marin.K12.ca.us