

## Did you know?

Your local Public Health office can assist Medi-Cal clients to access head lice shampoo by providing a prescription. By calling the Public Health Dept you can talk to a nurse about the most recent and up to date information on the treatment and prevention of head lice.

The Public Health nurse will need to schedule a time to meet with you and examine the child. She will then determine if indeed head lice Shampoo is needed.



## Public Health Office

### Siskiyou County

Yreka

841-2133

#### LOCAL PHARMACIES:

Rite Aide—(Yreka)

842-5596

Pharmacy Express (Mt Shasta )

926-4460

Fall River Pharmacy

336-5539

Country Drug Inc. Weed

938-1595

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**GLENN COUNTY OFFICE  
OF EDUCATION**

See Your School Nurse for  
more information

## *Helping to Resolve Head Lice*



**Siskiyou County  
Office of Education**

842-8400

## A Suggested Treatment for Hair

1. Purchase **special shampoo** to treat the hair. Talk to your Pharmacist, Dr office, or school nurse.
2. A **fine comb** is necessary to get the nits (eggs) out. Parents have reported that the lice Meister comb is the most effective with less tangles.
3. **Remove all eggs** from the hair. Check behind the ears, nape of neck and top of head.
4. When removing nits wear a button up shirt so that you do not re-infect yourself by pulling the shirt over your head.
5. After having washed the hair with special shampoo and combing out the eggs, have the **school health office check hair for any missed nits.**



### Treatment of the home

**Inspect:** All family members. Treat those found to be infested.

**Wash:** All clothes and bedding with hot water or put through dryer for 20 minutes.

**Vacuum:** Carpets, furniture and mattress. Throw away the vacuum



cleaner bag, or  
rinse canister.

#### How do I stop the cycle of Head lice in my home?

- **Removal of all nits is essential.** Even a few nits can then hatch out. Studies show that products are only 75% effective.
- **No Nits! No Excuse!**
- **Try the olive oil treatment** plan. This will not kill bugs or remove nits, but it makes it easier for you to do so.
- **Avoid sleep-over's**
- Call your child's friends parents to inform them that they may have been exposed to head lice



## OLIVE OIL TREATMENT IS ONE OPTION

Some families have had success by using a weekly regimen for **three weeks**. If your child has gone three weeks without finding new nits or lice, then you can be sure that you have resolved the problem.

**Friday night** apply generic olive oil to the hair. Rub it into the scalp. Do not drench the hair. If you missed a few nits and they have hatched, the oil assists in lifting them off the scalp for washing. Be sure to wear a shower cap to bed to protect your linen.

**Saturday morning** wash the hair well, scrub the scalp, blow dry the hair, and then look for missed nits. Check especially behind the ears, nape of neck and top of the head. Remove nits and flush them or secure them for disposal.

Comb through the hair with your Lice Meister comb **every other day regardless** if you think you need to or not. An ounce of prevention is worth a ton of relief.

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more information!