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Lice

WHAT TO DO: DON'T PANIC! Anyone, adults or children, can get head lice. Head lice are passed from person to person by direct contact or on shared objects (combs, towels, headphones, helmets, hats, etc.). Head lice have nothing to do with cleanliness and can be easily eliminated.

- Check every member of the family for tiny white eggs (nits) on hair shafts, near the scalp.
- Use an effective head lice treatment on every family member with lice or nits. Several good treatments are available without a prescription.
- After application, remove all nits by gently combing hair with the special nit removal comb provided with the lice treatment.
- Wash clothes, bed linens, and towels in hot water and dry on hot cycle for at least 20 minutes.
- Clothing, bedspreads, blankets, pillows or stuffed animals that cannot be washed should be dry cleaned or sealed in a plastic bag for a period of at least 2 weeks or sprayed with a product specifically designed for this purpose.
- Items such as head phones and helmets must be stored at room temperature in a tightly sealed plastic bag for at least 2 weeks.
- Personal combs and brushes should be soaked in hot water (above 130 degrees F) for 5 to 10 minutes.
- Vacuum everywhere, including carpets, pillows, mattresses, upholstered furniture, and even car seats.
- Head lice cannot survive on family pets; they need a human host. You do not need to worry about treating pets.