

Head Lice: No Shame, No Blame



“Head lice have been found on your child.”

Such words often bring fear and shame - but the presence of these tiny wingless insects is common among school-aged children and does not reflect lack of hygiene or negligence.

- Lice get passed around because young children often have head-to-head contact, and they share combs, brushes, hair accessories, clothes and hats.
- There are many treatments available, including over-the-counter and prescription lotions, shampoos and special “nit-picking” combs. When using these treatments, carefully read and follow the directions. Consult your physician about prescription products.
- Use a special fine-tooth comb designed for removing lice—and comb the hair patiently, in sections, to remove lice and their eggs (nits).
- Wash your child’s comb, brush and hair accessories in very hot water.
- Wash bedding and towels in hot water that is at least 130 degrees F.
- You don’t need to seal all toys in plastic bags or vacuum the whole house—lice can’t survive without a human host for more than a day.
- If the over-the-counter treatments do not get rid of the lice, ask your doctor about a prescription product.

For more information about head lice...ask your pharmacist!

Brought to you by your local pharmacist and prepared by the Michigan Pharmacists Association.

