

Get Rid of Lice!

Lice are parasitic insects. They live in **hair or clothing**. Lice survive by **feeding on human blood**. Lice found on each area of the body are different from each other. The three types of lice that live on humans are:



Adult head lice are 2.1-3.3 mm in length. Head lice infest the head and neck. They attach eggs to the base of the hair shaft.



Adult body lice are 2.3-3.6 mm in length. They live and lay eggs on clothing. They only move the the skin to feed. Only the body louse is known to spread disease.



Adult pubic lice are 1.1-1.8 mm in length. They are typically found attached to hair in the pubic area.

Yuck! Lice spread by **close person-to-person contact**. Lice move by crawling; **they cannot hop or fly**. Dogs, cats, and other pets **do not do not transmit human lice**.

To get rid of lice, you must eradicate the infestation on your family and your home. **You must do both**.

Get Rid of Lice On Your Family

1. Purchase RIDS or NITS anti-lice cream rinse.
2. Wash hair with a **non-moisturizing** shampoo. For difficult or textured hair, massage mayonnaise into the hair, then wait for 30 minutes before the initial washing. **Don't use fat free mayo!**
3. Apply RIDS or NITS anti-lice creme. **Leave it on for 10 minutes**, then rinse.
4. **Do not wash your hair** for the next seven days.
5. **Every day**, nit comb the hair with a metal nits comb. Dr. Anne recommends [The Terminator](#), sold at Amazon.com. **Remove all lice nits from hair**. That means **all!** Repeat step 5, until you find no lice for **at least three days**.

Get Rid of Lice In Your Home

1. **Wash everything that touches the skin** - clothes, bed linens, hats, etc. - in hot water. Dry on high heat. If the items won't tolerate hot water, dry on high for 20 minutes.
2. Bag stuffed animals and other furry toys in an **airtight plastic bag**. Store in the garage for **at least three weeks**.