

## HEAD LICE BATTLE PLAN

### Five Steps:

1. May or may not use Nix or Rid (your choice)
2. Apply olive oil treatment on days 1,5,9,13,17,21. If you do not use Nix or Rid first, add day 2 to the above list. (1,2,5,9,13,17,21)
3. Clean the environment.
4. Comb out the lice and nits.
5. Check for nits regularly.

### What you will need:

1. A great big bottle of the least expensive OLIVE OIL.
2. A small plastic applicator bottle like the one used for applying hair color.
3. Covered elastic hair bands or hair clips to separate the hair.
4. Plastic shower caps.
5. Bandannas or bathing caps.
6. Towels.

### How to use Nix or Rid:

1. First wash the hair with a good clarifying shampoo like Prell to strip the hair of any other substances. Dry the hair thoroughly.
2. Cover the eyes with a wash cloth. Apply Nix or Rid to dry hair, directly onto the scalp and massage it through the hair and scalp thoroughly.
3. Use a timer to ensure the Nix or Rid is left on the head for the appropriate amount of time found in the directions on the box and NO longer.
4. Wash it out and use a regular crème rinse or detangler.

### The Olive Oil Treatment:

1. The olive oil treatment must be done on the days listed above. Add day 2 if you do not use Nix or Rid. These days have been chosen to disrupt the life cycle of the louse.
2. Use the applicator bottle, part hair, and apply the olive oil directly onto the scalp. Massage thoroughly making sure to saturate the hair and scalp.
3. If your child is old enough, cover the head with a plastic shower cap and keep in place with a bandanna or bathing cap to control the mess. Don't worry if the cap or bandanna comes off during the night. Leave the oil on for EIGHT (8) hours. With young children, it may be easier to treat during the day.
4. Cover the pillow with a towel to protect the pillow.

### Clean the Environment:

1. Clean only slightly more than most people clean on a weekly basis.
2. Put your brushes away and use only combs until the infestation is over.
3. Vacuum or use a lint remover any place where the infested heads have rested. Don't forget your car seats, chairs, carpet, couches, etc.
4. Use clean towels each time you wash the hair.
5. Use the clothes dryer on high for 30 minutes on any items that will not be harmed in the dryer. DO NOT strip your child's room of every toy. HEAT, VACUUM, or LINT REMOVER.

### The Comb Out:

1. The most important part of getting rid of the lice is: Combing out lice and nits.
2. The olive oil does NOT kill head lice but it smothers the lice by covering the holes in their sides where they breathe in oxygen.
3. IF you wash out the olive oil without combing out the lice first, any lice that are not completely dead will resume activity. Combing is essential to the removal of the adult lice and the eggs.
4. After the oil has been on the hair for 8 hours, leave in the oil and comb the hair with a regular comb to remove tangles. THEN use a good metal nit comb to remove both nits and lice.

### Combing Techniques:

1. Proper combing is a crucial step. There are two combing techniques and both should be done with the olive oil in the hair.
2. Combing to remove bugs:
  - a. Comb along the entire scalp, with the comb in constant contact with, but not scraping the scalp.
  - b. If all live lice are not combed out, they will continue to lay eggs
  - c. Clean the comb frequently with a tissue.
3. Combing to remove nits:
  - a. Pin hair into sections
  - b. Using your fingers, take a very thin section of hair.
  - c. Starting right at the scalp, comb from the scalp all the way to the end of the hair.
  - d. Comb each section several times from different directions.
  - e. Clean the comb frequently with a tissue.

### Wash Out the Oil:

1. Use a clarifying shampoo for oily hair DIRECTLY on the oily head. DO NOT wet first. Massage through the hair, then rinse.
2. Lather again, rinse, lather again then do a final rinse.
3. Remember, lice are killed by dry heat. SO, dry the hair with a hair dryer and try to make it a pleasant experience. You will be doing this six more times over the next three weeks.

### Check for and remove any remaining nits:

1. The hair is clean and dry. Check for any nits that were missed in the combing process, and they must be removed by hand.
2. Divide the hair and separate one half from the other. Take a thin strand of hair in your fingers and check both sides of the strand for nits. Pin the strands out of the way as you finish.
3. The newest nits are the smallest and closest to the scalp, so check very close.
4. Grasp the nit with your fingernail and pull the nit all the way off the hair.
5. Deposit the nits onto an oily tissue, flush the tissue when through.
6. When you have finished removing the nits, wash your hands carefully and use a nailbrush. Lice can easily hide under your nails.