**10 Tips for manual removal**

1. Work in a well lighted area or use a flashlight and hand lens.
2. Use a grooming comb or hairbrush to remove tangles. A hair detangler spray or other hair conditioner may aid in this process.
3. Divide the hair into sections and fasten off the hair that is not being worked on.
4. Use a lice comb to detect and remove lice and nits. See figure 1 and figure 2 in this brochure.
5. Go through hair sections from the scalp to the end of the hair. Nits are usually found close to the scalp.
6. Dip the comb in a cup of hot, soapy water or use tape to remove lice, nits or debris from the comb.
7. Sift through the same section of hair and look for attached nits and live lice.
8. Move on to the next section until the entire scalp and all hair has been checked.
9. Screen the infested person every day for 10 days and regularly thereafter.
10. If additional nits (at least 3-5 per day) are discovered, another manual search is recommended.

**“Manual removal is the safe alternative and necessary component of any head lice treatment regimen.”** – National Pediculosis Association

You can completely control a head lice infestation with manual removal alone. You **cannot** completely control head lice with head lice shampoos alone. **You must combine shampoo treatment with manual removal.**
Head Lice 101: THE BASICS

Do not panic! Head lice are not an emergency and, in most cases, do not pose any health risk. However, misuse of pesticides and use of unlabeled treatments (ex., kerosene) can pose a health risk.

Head lice cannot live off a human host for more than 24-48 hours. Head lice cannot live on pets. Head lice cannot reproduce in carpets, furniture or other household furnishings.

Pesticide sprays do little or nothing to control lice. Never treat your home, car, furniture, beds, pillows, or clothing with pesticides (e.g. ‘lice bombs,’ flea bobs, sprays, etc.) in an attempt to control head lice. You will expose yourself and your family to unnecessary pesticide risk.

If your school sprays rooms, buses, furniture, etc., to control head lice, ask them to stop immediately. Refer your school to the Cooperative Extension brochure entitled A School’s Guide to the ‘Nitty-Gritty’ About Head Lice.

Head lice are very common among all classes of people. More than 12 million people, mostly children and school personnel, get head lice per year.

Direct head-to-head contact with an infested person is the main way head lice are transmitted, but they may also be transmitted by sharing hats, scarves, headphones, combs and other hair accessories. Lice cannot hop, jump, or fly, but they can crawl rapidly.

The best treatment for head lice is manual removal (see ‘10 tips for manual removal’ in this brochure).

If a lice shampoo is warranted, ask your doctor or pharmacist for specifics on the product and follow all label instructions exactly. Misapplications can be ineffective and dangerous as well.