

## What is the treatment?

### 1. Who should be treated?

Given that we are using insecticides, only the people who are infested (with lice) should be treated and should follow precautions and instructions of how to use the 4 products from health professionals (pharmacist, nurse, doctor).

### 2. What can be used?

Permethrine-based products, such as Nix or Kwellada-P1 96, are less toxic. Another product on the market is Pyrethrin-based, such as R&C. However, because the insects seem to have developed a resistance to these products, please consult your pharmacist on the most effective treatment available on the market.

### 3. How?

#### Permethrine:

- Wash your hair first with a shampoo without conditioner
- Apply the product on dry hair
- Leave in hair for 10 minutes
- Add water until you get a lather
- Rinse and dry hair.

#### Pyrethrin:

- Apply the product on dry hair
- Leave in hair for 10 minutes
- Add water until you get a lather
- Rinse and dry hair

### 4. Repeat the treatment?

- For the schools and day cares, the complete treatment with Permethrine or Pyrethrin includes 2 applications with an interval of 7 to 10 days.

### 5. What else?

- For the 10 days following the treatment, use a shampoo ***without conditioner***, to maintain the effectiveness of the product for pediculosis.
- It is not recommended to use vinegar to remove the nits, because it could remove the product in the hair and could damage the product's long term effect. A fine-toothed comb could be used, as needed.

- Re-examine your child's head 48 hours after the 1<sup>st</sup> application. If you still see live nits, repeat the treatment with another product that is made from different ingredients. It is possible that the parasite is resistant to the product used. In this case, you must use two applications of the new product within a 7 to 10 day interval.

### 6. The family?

All household members should be examined (sisters, brothers, parents) in order to treat the ones who have lice.

### 7. Schools and Day Cares?

- After the first application of the treatment, the child can return to school or day care. All dead nits must be removed.
- If your child has lice with live nits after the scheduled day of the 2<sup>nd</sup> treatment, the child will be withdrawn from school and has to consult a health care professional who will then determine when the child will go back to school.

### 8. Cleaning and Disinfecting?

Most important is to find and adequately treat the people who have lice. We can also do more by disinfecting:

- Personal effects that were in contact with the head and the lice, i.e. bath towel, a hat, a cap, comb, hairbrush, pillow cases. These items can be soaked in very hot water (65C/150F) for 5 to 10 minutes, or in a solution that contains a shampoo against lice for 1 hour; for non washable clothes or objects, such as, stuffed animals, dry clean or leave items in a closed plastic bag for 10 days. Vacuuming furniture and carpets is also recommended.

***The use of vaporized insecticides in the environment is strongly not recommended. This measure is not necessary and is very toxic.***

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