

## Getting Rid of Head Lice

**Using Licefreee! Gel** (non-toxic=can be used as often as needed)  
(for adults & children age 6 months & older)

1. Shake well.
2. Put root applicator on bottle.
3. Apply to DRY hair & entire scalp. (not near eyes)
4. Start at nape of neck & behind ears & work forward.
5. Saturate all hair & scalp.
6. Put plastic cap on head & leave on for **60 minutes** in a warm room.
7. Remove cap & comb out all dead lice & nits with the fine-toothed comb.  
Rinse comb under running water.
8. When all lice & nits are combed out, rinse hair with warm running water.
9. Inspect & comb hair a second time to be sure all nits & lice are gone.

\*A second treatment is recommended in 7-10 days\*

## Cleaning

**Clean items that have been in contact with the person with head lice.**

- ♦ Bedding, clothing, coat, hat, towels= Wash in hot water (130°F.) & dry in dryer on hottest setting for 30 minutes.
- ♦ Stuffed animals, pillows=Put into tightly sealed bag for 2 weeks.
- ♦ Combs, brushes, hair clips=Soak in hot water (130°F.) for 15 minutes.
- ♦ Vacuum=home, mattress, furniture
- ♦ There's no need to spray pesticides around your home. This exposes your family to dangerous chemicals.