

# CITY OF BELMONT

## Head Lice

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### Recommended treatment

Recent studies have found that head lice were resistant to some chemicals but by using an undiluted, thick, **white** hair conditioner on dry hair, the lice were smothered and killed along with their eggs, which are then combed out by using a fine tooth comb.

### Clean the environment

Routine cleaning of bed linen & clothing is all that is required to assist in preventing re-infestation.

### Checking for nits

Check dry hair in bright light for any nits on a regular basis, at least once every week. Friday night is good, so the hair can be treated over the weekend and the child can attend school on Monday.

Another suggested treatment is:

### Olive Oil Treatment

Olive oil smothers and kills active head lice (Laboratory tested at the Harvard School of Public Health). Apply to the scalp and leave on overnight on the following treatment days:

1, 2, 5, 9, 13, 17 & 21.

The olive oil treatment may be used more often if you like, but do not miss any of the nominated days.

### Comb out the nits

Leave the olive oil in the hair for the comb out. Use a good metal nit comb, and comb the hair section by section to physically remove dead lice, some may be able to be removed with the fingers. Comb the entire scalp. Wash out the oil with your regular shampoo.

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