

Head Lice Treatment and Prevention Project Self Screening for Head Lice*

Materials:

Wide-tooth comb (to remove tangles)

Quality, metal nit comb

White, inexpensive crème rinse (lice are more visible in white crème rinse)

Self-Screening for Head Lice Instructions:

1. Shampoo hair normally. Squeeze out excess water.
2. Apply a large amount of crème rinse to hair. Work the crème rinse deep into the hair. (Cheap, thick, white crème rinse works best. Crème rinse does not kill head lice or nits. Crème rinse keeps head lice from moving and makes the nit comb glide through the hair more easily.)
3. Comb through hair with a wide-tooth comb to remove tangles.
4. Beginning at the top of the head, place the nit comb against the scalp. Pull the comb completely through the hair from the scalp to hair ends.
5. Check the comb for the presence of head lice or nits that have been trapped in the crème rinse. Rinse the nit comb under running water or wipe the comb with a tissue before moving to another section of hair.
6. Work around the head until you have combed through all your hair. The crème rinse will keep head lice from crawling to areas you have already combed.
7. If no lice are found, rinse hair with warm water.
8. Use this screening method following any potential contact with head lice and once a week throughout the year. The screening method can be used on all family members.

Any time you find head lice, stop screening and begin treatment for head lice.

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