

# LOSE THE LICE!

## A Step-by-Step Guide to Getting Your House Lice-Free

### *Supplies:*

- Apple cider vinegar
- Olive oil
- Peppermint or tea tree oil
- Nit comb
- Large garbage bags
- Zippered sandwich bags
- Tissues
- Container for combs, hair ties, etc.

### *What to do:*

1. Don't panic. You've got this.
2. One by one, carefully check the head of each member of your family. Look for live lice, as well as the little white eggs that stick to the hair shaft. You may think they're dandruff at first, but until dandruff, they won't move when you try to brush them away. Pay special attention to the scalp nearest the neck and ears.
3. Going room to room, strip the beds, and gather towels, blankets, and worn clothes from the last week. Anything that can't fit or is too delicate for the washer (i.e. pillows, handmade blankets, stuffed animals, etc.) should be placed into large garbage bags and sealed. Put them outside for the duration.
4. Load your washer with the dirty linens and clothes, using hot water, detergent, and 20-30 drops of peppermint or tea tree oil. Dry them on high heat as well.
5. Gather up all combs, brushes, hair ties, bobby pins, and headbands. Place them in boiling water with some soap to soak.
6. Either wash or bag all hats.
7. Vacuum all carpets, cloth furniture, and car seats that might have come into contact with the infested hair. Do the same to the bed mattresses. If you have an air-tight mattress cover, that would work great here. They also sell sprays (Nix offers one) that can be used on beds and furniture. (I chose not to use it.)
8. Douse the hair of anyone who was found with lice or eggs with apple cider vinegar while they hang their head over a sink or tub. If you want to be on the safe side (because it's difficult to see all the tiny eggs), do this to all members of the household.
9. Once the hair has dried, completely cover the hair and scalp with olive oil. Pin the hair up and cover it with a shower cap. This cap will need to remain on for at least eight hours, giving the lice time to suffocate. Doing this overnight is usually easiest.
10. Comb through the hair with the nit comb, cleaning it often on a tissue, which you should place in a sealed sandwich bag to avoid runaway lice. Work in sections and get as many eggs and lice as possible. Pin the cleared hair aside. Once done, wash out the oil.
11. Repeat the oil and vinegar treatment every seven days for three weeks. Keep checking everyone's hair for new eggs or hatched lice.
12. Drip some peppermint or tea tree oil into your shampoo bottles to help repel future lice.
13. Vacuum daily, wash sheets and towels often, and avoid sharing anything that touches the head.
14. When everyone is clear, you can bring in all the bags of stuffed animals and pillows.
15. Congratulations! You did it!