

NICE EASY STEPS TO REMOVING NITS

After you have completed the lice treatment the next most important step in the process is to comb the nits out off the hair. The following are the steps to remove the nits.

1. After the lice treatment, the hair should be dried completely to loosen the nits. Now wet the hair again and comb out the tangles with a regular tooth comb.
2. Part the hair into four sections and pin with clips.
3. Select one section, starting at the top of this section; lift a one inch wide section of hair.
4. Place the teeth of the nit comb as close to the scalp as possible. Make sure the teeth of the comb are deep in to the section of hair. Pull the nit comb through the section of hair. Nits are difficult to remove but may be scraped off by moving the nit comb up and down the hair shaft starting at the scalp and move downward. You can also use tweezers or fingernails.
5. Wipe the comb off with a tissue after each stroke through the hair. This removes the nits from the comb so you don't return them to a new spot in the hair with the next stroke.
6. Pin back each section of hair after removing all the nits. To remove all the nits may require several strokes.
7. Repeat steps 3-6 until you have completed all four sections.
8. When you are done, soak all combs and brushes in hot water (1 quart) and a small amount of bleach (1 teaspoon) for 30 minutes. After soaking, rinse them in hot water and let air dry on a towel.
9. Put clean clothes on child.
10. Continue to **Cleaning the Environment** step.