

## Mayo Clinic Minute

### Super Lice – How to Get Rid of Them

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	When it comes to lice, the ick factor is huge, especially when you think about the hard-to-eradicate super lice.
<b>Summer Allen, M.D.</b> <b>Family Medicine</b> <b>Mayo Clinic</b>	“It can be a really challenging problem.”
<b>Vivien Williams</b>	Mayo Clinic family medicine Dr. Summer Allen sees many kids with lice. She says super lice are strains that are resistant to some treatments.
<b>Summer Allen, M.D.</b> <b>Family Medicine</b> <b>Mayo Clinic</b>	“We’re developing resistance to the normal things that we have available for people over the counter or even sometimes what we can prescribe.”
<b>Vivien Williams</b>	Dr. Allen says if your child brings home lice, make sure to check all family members just in case. Treat those with active infestations with over-the-counter products. Be sure to follow directions on the label. Wash clothes and bedding in hot water, and dry them in a hot dryer. Or seal them in plastic bags for 2 weeks. If you’re still finding lice or their eggs called nits after 72 hours, you could be dealing with resistance.
<b>Summer Allen, M.D</b>	“They can always contact their providers, and we can provide a stronger regimen for them to use.”
	Dr. Allen says, with persistence, you will get rid of lice. For the Mayo Clinic News Network, I’m Vivien Williams.