

Head Lice Treatment Check List

1. ___ Examine all household members for nits or lice (see "The Facts of Lice").
2. ___ Treat hair with a product that kills lice according to package instructions. Do not use outdated products. Use enough of the product to saturate the hair. Consult your physician before using any product on a child under 1 years of age.
3. ___ Comb and pick all nits out of hair under a bright light or in good sunlight. Use a lice comb and a magnifying glass or reading glasses if needed.
4. ___ Wash all recently used clothes, bed linens, throw pillows, and towels in hot water and dry on hot cycle.
5. ___ Wash all hair ties, bands, and scrunches in hot water and dry on hot cycle.
6. ___ Vacuum all fabric toys, stuffed animals, headphones, and helmets thoroughly.
7. ___ Soak all combs and brushes in very hot water for 20 minutes.
8. ___ Vacuum all carpeting, upholstered furniture, mattresses and car seats thoroughly and throw vacuum bag away.
9. ___ Examine all household members daily for 2 weeks for lice or nits. Retreat in 7 days if package states to do so. Do not use these products more frequently or add to other hair care products. Used to frequently, these products may cause future health problems and become less effective on lice.
10. ___ Inform other households where children stay about head lice so that they may be examined and treated if necessary.
11. ___ Inform your child's school and childcare provider that they have had head lice and have been treated.
12. ___ Have children store their coats, hats and other personal items in their backpack or plastic bags with handles that will hang on hooks in the room or locker.