

Dear Parent,

Do not panic! You *can* rid your house of lice safely. Try to be patient. It will take at least 2 weeks to be sure you and your family are lice-free. Use this checklist as your guide to lice-freedom for your whole family (at least for the first exposure).

What you will need: Safe home treatment or a lice pediculide (chemical to kill lice), large plastic bags, daily access to a washer and dryer, vacuum cleaner with extra bags, scotch tape, good set of eyes, a bright light, magnifying glass, metal nit comb, lots of patience and a good video for your children to watch, hair clips

Get Rid of Lice Checklist

Day 1

- ☐ Pull your hair back or cover it with a bandana or plastic shower cap before starting clean-up.
- ☐ Remove your child's clothing and everyone else's who is in the home right now. Wash **ALL** clothing in hot water and dry in the hottest setting.
- ☐ Use your home treatment or other pediculide and follow directions very carefully. Be sure to cover child's eyes with a towel. Treat over a sink.
- ☐ Check your child for more nits/lice by parting and sectioning off the hair. Pull nits out- *all of them* – use the metal nit comb to help pull out nits. Dispose of lice by flushing nits/lice down sink or toilet or by sticking the nits on a piece of tape, fold the tape over and throw away in an outside garbage can. **Nit picking is the most important part of ridding your family of lice.**
- ☐ Vacuum entire house and all furniture – ***do not forget to empty the vacuum outside!***
- ☐ Bag all stuffed animals, pillows, etc, which cannot be washed, for two weeks. ***Tie a knot.***
- ☐ All brushes, combs, clips and hair products should be placed in extremely hot water to soak for 20 minutes. **Do not boil hair products as some will melt at this temperature.**

- ☐ Strip beds and wash all sheets, pillow cases, and blankets. Dry in a hot dryer for 20 minutes. Do not forget to vacuum the laundry area, baskets and mattresses.
- ☐ Vacuum car thoroughly.
- ☐ All family members or persons living in the house should be checked for lice. \

Day 2

- ☐ Check your child thoroughly for nits/lice. Remove all nits using the *tape* method.
- ☐ Vacuum floors, furniture and car, again!
- ☐ Put child's bed sheet and pillowcase in a hot dryer for 20 minutes.

Next 2 Weeks

- ☐ Daily head checks on everyone in the house, including friends and neighbors that come to visit.
- ☐ Put bed sheets, pillowcase/s and pillow/s in hot dryer for 20 minutes every night.
- ☐ Vacuum daily.

Prevention

- ☐ Check all children who come over to play with your child. Inform parents if you find nits/lice. Do not let them play together until they are nit-free.
- ☐ Remind children daily not to share combs, hats, scarves, headphones, hairclips or headbands, etc.
- ☐ Wear long hair in braids when possible. It is not necessary to cut child's hair.

Remember

NO treatment is 100% effective.

DON'T waste money on lice room spray – can be harmful and doesn't work well.