








# Head Lice Household Checklist

## The Lousy Work

Who Does It?    I Did It!

Examine each family members' head daily for ten days.			
Go to the store of your choice for over-the-counter head lice treatment shampoo.			
Treat only members of family who have lice or nits. (Lice products do not prevent lice and can be very harmful if overused or not used as directed.)			
Soak combs and brushes in steaming hot water with 2-3 tablespoons of lice product.			
Remove all nits. Take a small section of hair, comb through with special nit comb or remove each nit with fingernail. Hair clip completed sections and continue until entire head is nit free.			
Wash and dry all bedding (sheets, pillow cases, blankets, mattress covers, and bedspreads) at hot settings. <b>Allow water to get hot between loads of laundry.</b>			
Put pillows and non-washable bedding in hot dryer for 20 minutes, or seal in plastic bag for two weeks. (Put stuffed animals/dolls with hair in plastic bag for two weeks.)			
Vacuum mattresses before making bed with clean bedding.			
Vacuum upholstered furniture, carpeting, throw pillows, and seats in cars. After use, place vacuum bag in garbage bag and tie tightly. <b>Use new vacuum bag for each cleaning; do not use chemical or insect sprays.</b>			
Wash all bedding and recently worn cloths, including hats and coats that came in contact with the infested person. Use 130 degree water and dry on high for 30 minutes.			
Non-washable clothes can be dry cleaned, put in hot dryer for 30 minutes, or sealed in a plastic bag for two weeks.			
Call all people who have been in contact with infested person: school, baby-sitter, latchkey, friends, relatives, or any place the infested person stayed.			
Do daily checks. Teach your child not to share hats, combs, hair ornaments, helmets, headphones, and so on.	