

Checklist for Eliminating Headlice

- ✓ Treat every person in the household.
- ✓ Treat hair with an appropriate licekilling product. Follow package instructions. If the individual has long hair, two bottles may be necessary. **Note: Do not use crème rinse or shampoo/conditioner combination product before using lice medication.**
- ✓ Remove all nits (eggs).
- ✓ Bathe and put on clean clothing.
- ✓ Machine wash all clothing. Use **HOT** water (130 degrees).
- ✓ Wash all bedding (sheets, pillowcases, blankets, spreads, and comforters) in **HOT** water.
- ✓ Dry laundry for at least 20 minutes on the **HOT** cycle.
- ✓ Place clean laundry on clean surfaces—surfaces that are free from lice/nits to avoid reinfestation.
- ✓ Dry clean clothing that is not washable, or seal in a plastic bag for 2 weeks.
- ✓ Clean all toys in **HOT** bleach water.
- ✓ Place stuffed animals, sleeping bags, or comforters that can't be washed or dry cleaned in a plastic bag and seal for 2 weeks.
- ✓ Soak combs, brushes, and hair accessories for 1 hour in lice shampoo or boil for 20 minutes in water.
- ✓ Thoroughly vacuum every side of mattresses, furniture, cushions, all carpets, and all vinyl or hardwood floors.
- ✓ Vacuum the seats and carpets in your vehicle.
- ✓ After cleaning, seal the vacuum cleaner bag in a plastic bag and discard in the trash.
- ✓ Notify everyone you have been in contact with (your home or their home) so they can treat hair and clean their home and automobile.
- ✓ **CHECK EVERYONE IN THE HOME EVERY DAY FOR 2 WEEKS!**

Please bring your child to school after treatment and nit removal. The nurse must check the child's hair before the parent/guardian leaves, in case the child is not allowed to remain at school due to residual nits. Please contact the school if you have any questions.