

## INSTRUCTIONS AND CHECKLIST FOR TREATING HEAD LICE

Lice outbreaks are common among school children and even the cleanest child may become infested. Because lice are so tiny and reproduce so fast, it is important that you treat your child IMMEDIATELY. Below is a checklist to help you treat your child at home. Once your child is treated, an adult must bring him/her to the School Nurse to be examined to make sure all lice and nits (eggs) are gone.

YOUR CHILD IS NOT PERMITTED TO RIDE THE BUS UNTIL CHECKED BY THE SCHOOL NURSE.



- Shampoo hair with lice shampoo. Note if directions say to apply to wet or dry hair and follow package directions EXACTLY as written. Do not apply cream rinse after using lice shampoo.
- Dry your child's hair. Then, under bright light, remove nits using a nit comb, fingernails and/or tweezers. Drape a towel over your child's shoulders and place newspapers on the floor to catch removed nits. Carefully fold and discard papers after nit removal and wash towel.
- Check every family member for nits or lice and treat as needed. Persons who shared the child's bed should be treated. For treatment of children under age five, please consult your physician.
- Machine wash all clothing, bedding, and mattress covers used by the child in the last 5 days. Be sure water is hot, and allow sufficient time for tank to reheat between loads.
- Place any pillows (beds or sofa) the child used in a plastic bag. Seal the bag tightly for 14 days. A rolled-up towel in a pillow can be used as a substitute pillow.
- Dry-clean or store in a tightly closed plastic bag for 14 days those items that cannot be washed such as stuffed animals, hats, headphones, or hair ornaments---preferably outside.
- Discard or boil in a pan of water for 5-10 minutes all combs, brushes, and hair items.
- Vacuum mattresses, carpets, and upholstered furniture. Be sure to use a vacuum with sufficient suction.
- Discard vacuum bag in your outside trash immediately after vacuuming. Careful vacuuming makes it unnecessary to purchase lice sprays (and a lot healthier, too!)
- Notify the parents of your child's closest friends, especially those who have had close contact with your child (sleepovers, sports with body contact, known sharing of hair items).
- Repeat shampoo with the lice product according to package instruction.