



# HEAD LICE CHECKLIST

## 1. IN GENERAL

- ☐ Consult with your family doctor or pediatrician on treatment recommendations (over-the-counter versus prescription)
- ☐ Check all family members for live lice and nits. Head lice do not live on pets.
- ☐ Treat all family members that have lice with recommended product and let hair air-dry. **DO NOT WASH THE HAIR WITH SHAMPOO/CONDITIONER OR COMBINATION PRODUCT BEFORE APPLICATION. DO NOT USE CONDITIONER, SHAMPOO/CONDITIONER OR A HAIRDRYER AFTER TREATMENT. DO NOT WASH HAIR FOR TWO DAYS AFTER TREATING.**
- ☐ Manually remove all nits within ¼ inch (1 cm) of the scalp using your hands and a lice comb, sectioning off long hair with clips to not miss an area of the scalp. Continue to do this every few days for three weeks after the last live louse was seen.
- ☐ Repeat treatment according to package directions. Most products require another treatment in 7-10 days.

## 2. WASH IN HOT WATER (130° F) AND DRY ON HIGH FOR AT LEAST 20 MINUTES OR DRYCLEAN

- ☐ All bed linens used by anyone who is infested (includes sheets, mattress pad, blankets, pillowcases, sleeping bags)
- ☐ All clothing recently worn (within the last 48 hours) by anyone who is infested
- ☐ All bath towels and wash cloths used by anyone who is infested
- ☐ Coats/scarves/hats
- ☐ Small rugs that may have been laid on
- ☐ Curtains (if close to the bed)

## 3. VACUUM FOR EGGS AND LIVE LICE (HOUSEHOLD FUMIGATION IS NOT RECOMMENDED)

- ☐ Upholstered chairs and couches
- ☐ Large rugs and carpeting
- ☐ Seats and car seats in all vehicles the infested person has been in
- ☐ Curtains near bed if they cannot be washed

## 4. SOAK IN ALCOHOL FOR ONE HOUR OR HOT WATER (150° F) FOR 10 MINUTES

- ☐ Combs/Brushes/Hair Clips/Barrettes/ponytail holders/hair ribbons

## 5. PLACE IN SEALED PLASTIC BAG FOR 7-14 DAYS (LICE WILL DIE WITHOUT A HUMAN HOST)

- ☐ Anything that cannot be cleaned any other way
- ☐ Stuffed animals that are slept with or played with often
- ☐ Pillows
- ☐ Bean Bag Chairs

Resources: