

# Head Lice Cleaning Checklist

## Day One:

- ❑ Check all household members for head lice.
- ❑ Wash hair with a shampoo that does not contain perfume or cream rinse.
- ❑ Apply head lice shampoo to entire head while standing over the sink. Carefully follow product instructions. Dry with a clean towel. Put on clean clothing.
- ❑ Comb hair thoroughly with a clean comb or brush.
- ❑ Remove all nits with a nit comb, fingernails, or tweezers. Sit in a well-lit area and section hair. Go through each section carefully and thoroughly, cleaning the nit comb after each sweep through.
- ❑ Wash and dry recently worn clothing, hair ties, soft toys and bedding on the hot setting. Flip and iron or vacuum the mattress.
- ❑ For any clothing, toys, or pillows that cannot be washed, dry clean, place in dryer on high heat for 20 minutes, place in a sealed plastic bag for two weeks or freeze for 48 hours.
- ❑ Vacuum all carpets, floors, mattresses, furniture and the car. Dispose of the vacuum cleaner bag outside. (Do not use lice spray - it is toxic and ineffective.)
- ❑ Wash combs, brushes and hair ornaments in hot soapy water, or soak in alcohol or a diluted bleach solution.
- ❑ Notify all people who have recently been in contact with the infested household member.

## Day Two Through Seven:

- ❑ Vacuum daily
- ❑ Recheck affected heads DAILY. If live lice are found, remove, call your health care provider for treatment recommendations (if less than seven days have elapsed since your last treatment) and redo household cleaning measures.
- ❑ Repeat head lice shampoo treatment after seven to ten days.

## Next Two to Six Weeks:

- ❑ Check heads daily for lice or nits.

