HEAD LICE CHECK LIST – 2 WEEKS

Lice Checklist	Day 1	2	3	4	5	6	7	8	9	10	11	12	13	14
Examine each family member's head.														
Go to drug store for head lice treatment AND metal head lice comb.														
Only treat the people who are infested.														
Inspect the hair with the metal comb, pulling off any Nits/eggs.														
Apply head lice treatment as directed, inspect the Hair with the metal comb again and pull off any remaining nits.														
Wash all bed linen and clothing in very hot water (130 degrees Fahrenheit / 54.4 degrees Celsius).														
Put all the washed items in the dryer on the hot cycle for at least 20 mins.														
Dry clean any clothing that isn't machine washable.														
Any stuffed animals/plush toys that can't be washed, put them in air tight bag for 2 weeks														
Vacuum all carpets, upholstered furniture, mattresses, interior of car and car seats														
You MUST throw away your vacuum bag after each use.														
You MUST sanitize the canister of your vacuum after each use if you have a bag less system.														
Hair care items, should be discarded if possible and purchase new ones														
Have separate hair brushes and combs.														
NO SHARING hair brushes, combs, barrettes, hair ties, head bands.														
Remind the children to avoid head-to-head contact with others / not to share any items /														
Every 3-4 days, examine members of your household Who have had close contact with a person who has lice														