



10 Steps to Keep Ahead of Head Lice

- 1) Watch for signs of head lice, such as frequent head scratching. Anyone can get lice, mainly from direct head-to-head contact, sharing hats, brushes, etc.
- 2) Check all family members for lice and nits (lice eggs) at least once a week.
- 3) Be sure not to confuse nits with hair debris, (i.e., dandruff, hair spray droplets or hair casts). Nits are yellowish-white, oval shaped and are attached at an angle to the side of the hair shaft.
- 4) Consult a pharmacist or physician before applying pesticides or other lice treatments if anyone involved is pregnant or nursing, has allergies, asthma, or has nits in the eyebrows or lashes. Never use a pesticide or lice treatment on or near the eyes.
- 5) Consider all of your treatment options. Remember, lice-killing products are pesticides and must be used with caution. If you choose alternative methods, they may not have been studied thoroughly enough to determine long-term outcomes. The only completely safe alternative is manual removal by combing.
- 6) Remove all nits. Separate hair sections and remove nits with a lice comb, baby safe scissors or your fingernails.
- 7) For lice treatment, follow package directions carefully. Use the products over the sink, not in the tub!
- 8) Wash bedding and recently worn clothing in hot water (above 130°F) and dry in high heat for 30 minutes. Combs and brushes should be soaked in hot water (not boiling) for 10 minutes.
- 9) Avoid lice sprays! Vacuuming is the safest and best way to remove lice or fallen hairs with attached nits from furniture, rugs, stuffed animals and car seats.
- 10) Notify your child's school, camp, child-care provider, play partners, and neighborhood parents. **Check for lice on a regular basis.**

10 Days to Freedom from Head Lice

Day 1

- Notify or check all exposed friends and family members.
- Treat only those who are infested with live lice or have evidence of nits laid $\frac{1}{4}$ inch from the scalp.
- Wash all bedding, clothing, and toys in hot water (130°F) and dry on high heat for 30 minutes.
- Vacuum all carpeting, furniture and car upholstery.

Day 2

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.

Day 3

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.

Day 4

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.

Day 5

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.

Day 6

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.

Day 7

- Vacuum.
- Check all members of home for nits that may have been missed.
- If nits or lice are still seen, repeat treatment if indicated by instructions.

Day 8

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.
- If nits or lice are still seen, repeat treatment if indicated by instructions.

Day 9

- Vacuum.
- Check all members of home for nits that may have been missed.
- If nits or lice are still seen, repeat treatment if indicated by instructions.

Day 10

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.
- If nits or lice are still seen, repeat treatment if indicated by instructions.

**** Some lice treatments may indicate a second treatment after 7 to 10 days. Please follow the manufacturer's instructions carefully and only apply when it is suggested. This chart serves as a reminder only for days 7,8,9, and 10. ****