

Checklist for "Heading off Lice" in your home

- ★ Begin this process immediately and try to complete it ASAP. The sooner the better
- ★ Treat hair with medicated lice product/shampoo according to package directions
- ★ Check entire family for lice and nits
 - Lice are small cream to brown bugs the size of a nit down to the size of a fleck of dandruff. The bigger the darker.
 - Nits are lice eggs: they attach to an individual hair strand; you will feel a "tug" when pulling them off. They cannot be brushed or blown off like dandruff. They can be cream or brown and usually glisten in bright light.
 - Lice and nits are found most often over and around the ears and at the nape of the neck.
- ★ Consider treating other family members especially those that share these items:
 - bed/room, combs/brush, hair accessories, couch pillows, blankets, hats/coats
- ★ Under BRIGHT lighting, check scalp and hair for nits and lice.
 - Take small layer of hair and observe for nits, pull any off each strand.
 - Move systematically to next layer and repeat working in a pattern across and down the hair until ENTIRE scalp is checked.
 - This often takes hours in moderate to severe cases!
 - The kit provides a comb BUT using it alone is NOT very effective!
- ★ Repeat hair check daily for several days, until no nits are found. Then check weekly for a month.
- ★ Repeat medicated hair treatment in 7 days.
- ★ Remove all bed and pillow linens and Wash in Hot water (Washing machine is fine)
- ★ Wash all outer wear in Hot water also (again machine is fine)
 - coats, hats, sweatshirts, hoodies, gloves, scarves, etc.
- ★ Place all soft or "fuzzy" un-washable items in plastic trash bag. Keep tied for 7 days:
 - stuffed animals, decorative pillows, pillow pets
- ★ Consider spraying medicated spray on other items:
 - furniture, carpets, drawers containing hair items, vehicles
- ★ Sweep all carpets and rugs thoroughly, While outside: Throw away sweeper bag or empty bag less container.
- ★ Discard or dip all hair combs, brushes, accessories in Hot water or wash in the dishwasher. Be careful not to melt them.
- ★ Upon returning to school, you & your child will need to see the school nurse prior to school, to be cleared.
- ★ Hints:
 - Ask for help, have grandparents, aunts, neighbors, adult friends to help "pick" nits if the process becomes too much to handle.
 - Keep at it; lice come back easily if you don't follow through with all the steps.
 - Many people use alternative therapy IN ADDITION to the medicated shampoo. These cannot be guaranteed but seem to work for some. You can Google these options.
 - Do not hesitate to contact the school nurse with questions or concerns. Trust me, he or she is an expert in lice and the treatment and truly wants to help eliminate the problem.
 - Teach your children NOT to share brushes, combs, accessories, hats, coats, hoodies and why!