

## Checklist for Head Lice Care

**For Heads:**

**Done:**

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| 1. | Check each family member's head. You can see lice best in a well lit room or outside.  |  |
| 2. | Treat everyone who has nits or lice:<br>*Buy special lotion or shampoo to kill the lice. Follow directions exactly.<br>*Have the person lean over the sink so the lotion is only on the head.<br>*Wear rubber gloves.<br>*Cover the eyes with a towel.<br>* <b>Do Not</b> use the lotion or shampoo on babies. Take the lice and nits off of baby's hair by hand and check with your baby's doctor.<br><b>Do Not</b> use the lotion or shampoo on anyone with cuts or sores on their head.<br><b>Do Not</b> use the lotion or shampoo in the shower or tub.<br><b>Do Not</b> use the lotion or shampoo if you are pregnant or breast feeding unless your Doctor says it is okay. |  |
| 3. | Remove all nits with tweezers or finger nails. It is important to remove <b>all</b> nits. Cutting the person's hair can make it easier to remove the nits.   |  |
| 4. | Put on clean clothes that have been washed and dried on hot.   |  |
| 5. | Do daily head checks for about 2 weeks to be sure there are no new lice or nits.   |  |
| 6. | If you notice new live lice, you may want to talk to your doctor about other kinds of treatment.   |  |

**The House:**

**Done:**

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| 1. | Wash and dry all bedding and towels on hot.   |  |
| 2. | Wash and dry on hot all clothes that have been worn for the last 3-4 days. Don't forget jackets, hats, scarves, backpacks and hair ribbons. |  |
| 3. | Vacuum carpets, upholstered furniture, mattresses and seats in your car.  |  |
| 4. | Put pillows, stuffed animals and other non-washable items in a hot dryer for 30 minutes or seal in a plastic bag for 14 days.               |  |
| 5. | Soak combs and brushes in <b>hot</b> water (150 degrees) for 10 minutes, or in lice lotion for one hour.                                    |  |

**The Community:**

**Done:**

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| 1. | Report head lice to your child's school or day care.  |  |
| 2. | Tell your child's friends and neighbors, and anyone else who has had close contact with your child. |  |