

Head lice treatment checklist

- On _____, treat your child with louse shampoo (Permethrin 1% is recommended by the American Association of Pediatrics).
- Wet comb hair to remove lice and nits, separating into 1" strands. Pay special attention to the areas over the ears and at the back of the neck. This will take a long time, but it is the most important step in getting rid of lice.
- Wash bedding, clothes, hats and coats in hot water, and dry on high heat setting. Wash all combs and brushes in hot soapy water. Clean hair accessories as well.
- Vacuum car seats, furniture and carpets that your child has been in contact with in the past 48 hrs. Sprays have not been found to be useful.
- Wash or dry clean stuffed animals or pillows; if they cannot be cleaned, bag them in plastic for 2 weeks (can place in the garage during the winter time) or place them in the freezer overnight.
- Check and, if necessary, treat any family members who may have lice as well.
- On _____ (the next school day), bring your child to the nurse's office before school. Your child must be screened before returning to class.

For the next two weeks, wet comb your child's hair daily. 7-10 days after the initial treatment, re-treat with louse shampoo.

- Day 1 Wet comb _____ (day after treatment)
- Day 2 Wet comb _____
- Day 3 Wet comb _____
- Day 4 Wet comb _____
- Day 5 Wet comb _____
- Day 6 Wet comb _____
- Day 7 Wet comb _____ - first day you may re-treat with shampoo
- Day 8 Wet comb _____
- Day 9 Wet comb _____
- Day 10 Wet comb _____ - last day to retreat
- Day 11 Wet comb _____
- Day 12 Wet comb _____
- Day 13 Wet comb _____
- Day 14 Wet comb _____

I performed the first treatment on _____ <div style="text-align: right; font-size: small;">Date</div>
The second treatment on _____ <div style="text-align: right; font-size: small;">Date</div>
<hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> Signature

If lice are still present on _____ (last wet combing day), use a product with a different active ingredient and re-start the cycle. You may call your pediatrician, your school nurse or the Waukesha Public Health Department at 262-896-8430 for further advice.

If you have access to the web go to the CDC website:

http://www.cdc.gov/ncidod/dpd/parasites/headlice/factsheet_head_lice_treating.htm

Or the American Academy of Pediatrics at the following website:

<http://www.aap.org/healthtopics/skinhealth.cfm>