
















Head Lice Treatment Checklist

1	Examine each family member's head.	 
2	Go to drugstore for medicated product.	
3	Treat all members of family that are or could be infested.	
4	Soak combs and brushes in hot water (130° F) for 10 min. or soak in louse shampoo for 1 hr.	
5	Comb hair of each person carefully with a fine-tooth comb or use tweezers or fingernails to get rid of all mites.	
6	Take sheets, pillowcases, blankets, and bedspreads off beds of all infested persons.	
7	Wash and dry all bedding at hot settings.	 
8	Put pillows and non-washable bedding in dryer for 30 minutes, hang in direct sun for 6-8 hours, or seal in plastic bag for 14 days.	
9	Vacuum all mattresses or run a hot iron over them (especially around any buttons).	
10	Make all beds with clean bedding.	
11	Carefully vacuum all upholstered furniture, throw pillows, and seats in car.	
12	Carefully vacuum all carpets.	
13	Wash all jackets, sweaters, hats, & other clothing that have come in contact with infested person in last three or four days.	
14	Take non-washable clothes to the cleaners or use alternative treatment: hot dryer for 30 min.; seal in plastic for 14 days; freeze for 48 hrs.; direct sun for 6-8 hrs.	
15	Fold clean clothes and put them away.	
16	Notify all people that have recently been in contact with infested person(s).	