















HEAD LICE CHECKLIST

ALL TREATMENT STEPS *MUST* BE DONE ON THE *SAME* DAY

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| <p>1. </p> <p>Examine <i>each family member's</i> head.</p> | <p>2. </p> <p>Treat <i>ALL</i> members of family at the <i>SAME TIME</i>.</p> |
| <p>3. </p> <p>Wash and dry <i>ALL</i> bed linens (sheets, blankets, pillow cases, bedspreads) at hot settings.</p> | <p>4. </p> <p>Put pillows, stuffed animals, throw pillows, dolls, etc. in hot dryer for 20 minutes.</p> |
| <p>5. NON-WASHABLE items should be either: </p> <p>1) dry cleaned 2) placed in a <i>hot</i> dryer for 20 minutes 3) placed in freezer for 48 hours <i>OR</i> 4) sealed in plastic bags for 14 days</p> | <p>6. </p> <p>Wash and dry <i>ALL</i> hats, jackets, sweaters, and other clothes.</p> |
| <p>7. </p> <p>Vacuum all <i>upholstered</i> furniture, bean bag chairs, mattresses, seats in cars, etc.</p> | <p>8. </p> <p>Vacuum <i>carefully</i> all carpets and floors.</p> |
| <p>9. </p> <p>Treat <i>ALL</i> brushes and combs, either by boiling for 10 minutes, <i>OR</i> soaking in lice shampoo for 10 minutes.</p> | <p>10. </p> <p>Remove <i>ALL NITS</i> using a fine tooth nit comb or fingernails.</p> |
| <p>11. </p> <p>Notify school office the date of treatment and name of product used.</p> | <p>12. </p> <p>Notify <i>ALL</i> people recently in contact with infected person (neighbors, relatives, close friends, daycare, church, youth groups, etc)</p> |
| <p>13. </p> <p>Repeat treatment in 7-10 days.</p> | <p>14. </p> <p>Do <i>DAILY</i> head checks for two weeks on the entire family.</p> |

10 TRUTHS ABOUT HEAD LICE

GET THE FACTS ABOUT THIS CREEPY, CRAWLY PARASITE AND LEARN HOW TO DEAL WITH AN INFESTATION



1



Lice are **NOT A PRODUCT OF POVERTY** or **POOR HYGIENE**.

6



Lice **LIVE CLOSE** to the **SCALP** on the head and on the **BACK OF THE NECK**.

2



Head lice **CANNOT HOP, JUMP** or **FLY**. They crawl from person-to-person from direct contact, like **POSING FOR A SELFIE** or using **A FRIEND'S HAIRBRUSH**.

7



LICE EGGS – called nits – are very **HARD TO REMOVE** by hand. Use a **NIT COMB** to **SCRAPE** them off the **HAIR SHAFT**.

3



Sometimes, **LICE DON'T CAUSE SYMPTOMS FOR 4-6 WEEKS**. The main symptom is **ITCHING**.

8



Adult lice usually **DIE AFTER 48 HOURS** and **NITS DIE A WEEK** or two **FOLLOWING REMOVAL**.

4



Head lice **DO NOT** spread disease.

9



Washing clothes and bedsheets in **WATER HOTTER THAN 130 F** will kill living lice and nits. Items that cannot be washed should be **PLACED IN PLASTIC BAGS FOR TWO WEEKS**.

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Contrary to popular belief, head lice **CANNOT BE SPREAD** by pets.

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Head lice **CANNOT BE KILLED BY REGULAR SHAMPOO** or frequent **BATHING**. **TREATMENT** of lice may **TAKE TWO APPLICATIONS** of a medicated shampoo applied **9 DAYS APART**.