

## 10 Days to Freedom from Head Lice

### Day 1

- Notify or check all exposed friends and family members.
- Treat only those who are infested with live lice or have evidence of nits laid ¼ inch from the scalp.
- Wash all bedding, clothing, and toys in hot water (130°F) and dry on high heat for 30 minutes.
- Vacuum all carpeting, furniture and car upholstery.

### Day 2

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.

### Day 3

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.

### Day 4

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.

### Day 5

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.

### Day 6

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.

### Day 7

- Vacuum.
- Check all members of home for nits that may have been missed.
- If nits or lice are still seen, repeat treatment if indicated by instructions.

### Day 8

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.
- If nits or lice are still seen, repeat treatment if indicated by instructions.

### Day 9

- Vacuum.
- Check all members of home for nits that may have been missed.
- If nits or lice are still seen, repeat treatment if indicated by instructions.

### Day 10

- Vacuum.
- Check all members of home for nits that may have been missed.
- Comb/pick nits out of hair.
- If nits or lice are still seen, repeat treatment if indicated by instructions.

**\*\* Some lice treatments may indicate a second treatment after 7 to 10 days. Please follow the manufacturer's instructions carefully and only apply when it is suggested. This chart serves as a reminder only for days 7,8,9, and 10. \*\***