The 14-Day Lice Treatment Plan

Start Date _____

Check off when day is completed!

Day #1 ☐

1) a. Treat using over-the-counter lice killing treatment (follow directions on box, especially noting to apply wet, dry and with or without conditioner) or
   b. Contact health care provider regarding prescription treatment.
2) Use nit comb on wet hair to remove nits and lice (metal nit comb may work better than plastic).
3) Vacuum carpets, fabric-covered furniture, mattresses and seats in vehicle; launder clothes/bedding/hair items.
4) Soak combs & brushes in heated water or medicated shampoo for 10 minutes

Day #2 ☐

1) **DO NOT** wash hair or apply conditioner
2) Dampen hair
3) Using nit comb on wet hair, remove nits & lice

Day #3 ☐

1) **DO NOT** wash hair or apply conditioner
2) Dampen hair
3) Using nit comb on wet hair, remove nits & lice

Day #4 ☐

1) Wash hair as you normally would with shampoo & conditioner or 2 in 1 shampoo
2) Using nit comb on wet hair, remove nits & lice

Day #5 ☐

1) Wash hair as you normally would with shampoo & conditioner or 2 in 1 shampoo
2) Using nit comb on wet hair, remove nits & lice

Day #6 ☐

1) Wash hair as you normally would with shampoo & conditioner or 2 in 1 shampoo
2) Using nit comb on wet hair, remove nits & lice

Day #7 ☐

1) Wash hair, NOTE: **DO NOT** use conditioner or 2 in 1 shampoo because of second treatment on Day # 8
2) Using nit comb on wet hair, remove nits & lice

Day #8 ☐

1) a. Treat using over-the-counter lice killing treatment (following directions on box, especially noting to apply wet, dry and with or without conditioner) or
   b. Follow directions from health care provider if on prescribed treatment
2) Use nit comb on wet hair to remove nits and lice
3) Vacuum carpets, fabric-covered furniture, mattresses and seats in vehicle; launder clothes/bedding/hair items
4) Soak combs & brushes in heated water or medicated shampoo for 10 minutes

Day #9 ☐

1) **DO NOT** wash hair or apply conditioner
2) Dampen hair
3) Using nit comb on wet hair, remove nits & lice

Day #10 ☐

1) **DO NOT** wash hair or apply conditioner
2) Dampen hair
3) Using nit comb on wet hair, remove nits & lice

Day #11 ☐

1) Wash hair as you normally would with shampoo & conditioner or 2 in 1 shampoo
2) Using nit comb on wet hair, remove nits & lice

Day #12 ☐

1) Wash hair as you normally would with shampoo & conditioner or 2 in 1 shampoo
2) Using nit comb on wet hair, remove nits & lice

Day #13 ☐

1) Wash hair as you normally would with shampoo & conditioner or 2 in 1 shampoo
2) Using nit comb on wet hair, remove nits & lice

Day #14 ☐

1) Wash hair as your normally would with shampoo & conditioner or 2 in 1 shampoo
2) Using nit comb on wet hair, remove nits & lice

End Date _____

COUNTY OF Olmsted

Public Health Services