

Checklist for Head Lice Care

For Heads:

Done:

1.	Check each family member's head. You can see lice best in a well lit room or outside.	
2.	Treat everyone who has nits or lice: *Buy special lotion or shampoo to kill the lice. Follow directions exactly. *Have the person lean over the sink so the lotion is only on the head. *Wear rubber gloves. *Cover the eyes with a towel. * Do Not use the lotion or shampoo on babies. Take the lice and nits off of baby's hair by hand and check with your baby's doctor. Do Not use the lotion or shampoo on anyone with cuts or sores on their head. Do Not use the lotion or shampoo in the shower or tub. Do Not use the lotion or shampoo if you are pregnant or breast feeding unless your Doctor says it is okay.	
3.	Remove all nits with tweezers or finger nails. It is important to remove all nits. Cutting the person's hair can make it easier to remove the nits.	
4.	Put on clean clothes that have been washed and dried on hot.	
5.	Do daily head checks for about 2 weeks to be sure there are no new lice or nits.	
6.	If you notice new live lice, you may want to talk to your doctor about other kinds of treatment.	

The House:

Done:

1.	Wash and dry all bedding and towels on hot.	
2.	Wash and dry on hot all clothes that have been worn for the last 3-4 days. Don't forget jackets, hats, scarves, backpacks and hair ribbons.	
3.	Vacuum carpets, upholstered furniture, mattresses and seats in your car.	
4.	Put pillows, stuffed animals and other non-washable items in a hot dryer for 30 minutes or seal in a plastic bag for 14 days.	
5.	Soak combs and brushes in hot water (150 degrees) for 10 minutes, or in lice lotion for one hour.	

The Community:

Done:

1.	Report head lice to your child's school or day care.	
2.	Tell your child's friends and neighbors, and anyone else who has had close contact with your child.	