

HEAD START OF LANE COUNTY

Dear Parent,

Do not panic! You *can* rid your house of lice safely. Try to be patient. It will take at least two weeks to be sure you and your family are lice-free. Use this checklist as your guide to lice-freedom for your whole family (at least for the first exposure).

What you will need: *Hair Clean, 1,2,3* or a *lice pesticide* (NIX), large plastic bags, daily access to a washer and dryer, vacuum cleaner; with extra bags, scotch tape, good set of eyes, a bright light, magnifying glass, metal nit comb, lots of patience and a good video for your children to watch.

Get Rid of Lice Checklist

- Remove your child's clothing and everyone else's who is in the home *right now*. Wash *all* clothing in hot water and dry in the hottest setting.
- Use your herbal based pesticide (*Hair Clean, 1,2,3*) or other pediculide and follow directions very carefully. Only use one time over a month's period. Please do not use *Kwell* or other pesticides that have the ingredient called *Lindane*, they are too dangerous and are not effective to use.
- Check your child for more nits/lice. Pull nits out - *all of them* - use the metal nit comb to help with this and stick the nits onto pieces of *scotch tape*. Fold the tape over and throw away in an outside garbage can. **Nit picking is the most important part of ridding your family of lice.**
- Vacuum entire house and all furniture - *do not forget to empty the vacuum outside!*
- Bag all stuffed animals, pillows, etc, which can not be washed, for two weeks. *Tie a knot!*
- Boil all brushes and combs.
- Strip beds and wash all sheets, pillow cases, blankets. Dry in a *hot* dryer for 20 minutes. Do not forget to vacuum the laundry area, baskets and mattresses.
- Vacuum car thoroughly.
- Get someone to check you too!

Congratulations! You made it through the first day! See other side!

The Second Day

- Check your child thoroughly for nits/lice. Remove all nits using the *tape* method.
- Vacuum floors and furniture again, car too!
- Put child's bed sheet and pillowcase in a hot dryer for 20 minutes.

On to the Next Two Weeks

- Daily head checks on everyone in the house, including friends, neighbors, *everyone*.
- Put bed sheets, pillowcase/s and pillow/s in hot dryer for 20 minutes every night.
- Vacuum daily.

Prevention

- Check all children who come over to play with your child. Inform parents if you find nits/lice. Do not let them play together until they are nit-free.
- Cut your child's hair short. Wear long hair in braids.

Congratulations!

You Can Get Rid of Lice