



# Head Lice Checklist for Treatment

**All of the steps below need to be completed on the same day in order to completely get rid of the lice.**

- \_\_\_ 1. Check all household members and apply the treatments as explained below, to everyone who has lice or nits (eggs). Young children and/or any family member who is pregnant need to discuss treatment with their doctor.
- \_\_\_ 2. Wash the individual's hair with shampoo without conditioner, crème rinse or softener. Rinse well with water and dry with a clean towel.
- \_\_\_ 3. Use a special shampoo to kill the lice and eggs following the directions on the package. Always do this over the sink or tub to avoid having the chemicals on other body parts.
- \_\_\_ 4. Remove all of the eggs. With your fingernail, remove the egg by sliding it down to the end and off the hair shaft, or cut each strand of hair between the scalp and the nit with a small pair of scissors. You may also try to use a fine-toothed metal comb made especially for removing nits. Place the nits, or hair with nits attached, into a plastic bag, seal it and dispose of immediately.
- \_\_\_ 5. Wash all bedding, towels, mattress pad, clothing worn in the past 72 hours, including jackets and/hats/caps or cloth toys in hot, soapy water and dry in dryer.
- \_\_\_ 6. Place pillows in a plastic bag for three weeks or tumble in dryer on high heat for 20 minutes depending on the material.
- \_\_\_ 7. For any other items that can't be washed or dry cleaned (stuffed animals, comforters), place in plastic bags or trash bags and seal for 3 weeks.
- \_\_\_ 8. Iron, air out, or vacuum mattresses. Do not leave the iron on the mattress an extended period of time to avoid fires.
- \_\_\_ 9. Vacuum or wash furniture, rugs, curtains depending on material.
- \_\_\_ 10. Clean floors (vacuum or scrub).
- \_\_\_ 11. Vacuum inside of vehicles.
- \_\_\_ 12. Empty vacuum bags and dispose in plastic bags.
- \_\_\_ 13. Do not share combs, brushes, caps, etc. Soak personal combs, brushes, and other hair accessories in hot water (above 130 degrees F) for 10 minutes.
- \_\_\_ 14. For 2-3 weeks after treatment, check daily for nits and remove as needed.
- \_\_\_ 15. Depending on lice shampoo used, a second treatment in 7-10 days may be required to kill newly hatched lice. Shampoos containing insecticide should not be repeated before 7 days. Check with a pharmacist if you have questions.
- \_\_\_ 16. Retreatment is generally recommended for most prescription and non-prescription (over-the-counter) drugs on day 9 in order to kill any surviving hatched lice before they produce new eggs. Check with a pharmacist if you have any questions regarding the medication you are using.
- \_\_\_ 17. At any time, we recommend contacting your doctor for evaluation.
- \_\_\_ 18. Contact your school nurse, health tech at your child's school or the Larimer County Health Department at 498-6700 if you have questions or need assistance in getting the shampoo.

