

ST. CLAIR COUNTY HEAD LICE TASK FORCE



Head Lice Treatment Checklist For Parents and Caregivers

1. ____ Examine all household members for nits or lice
2. ____ Inform other households where children stay/visit of head lice so that they may be checked and treated if necessary.
3. ____ Inform schools and child care providers that your child has head lice and has been treated. This allows them to check for signs of infestation and treat the environment.
4. ____ Treat hair with an effective method (SEE TREATMENT DOCUMENT) Do not use old or outdated products. Use enough of the product to saturate the hair. Consult your physician if pregnant or treating a child less than 2 years of age.
5. ____ Comb and pick all nits out of hair under a bright light or in sunlight. Use a lice comb and a magnifying glass if needed. Fingers are the preferred tool for nit-picking.
6. ____ Wash all recently used clothes, bedding, pillows, towels and washable toys in hot water and dry on a hot cycle.
7. ____ Wash all hair ties, scrunchies and other hair ornaments in hot water and dry on hot cycle.
8. ____ Store all non washable hair decorations, fabric toys, stuffed animals, helmets, hats and head phones in a tightly sealed bag for at least 2 weeks.
9. ____ Soak all household combs and brushes in very hot water for 20 minutes.
10. ____ Vacuum carpet, upholstered furniture, mattresses and vehicle upholstery thoroughly and then throw vacuum cleaner bag away.
11. ____ After vacuuming, cover mattresses and bed pillows with plastic before putting on clean sheets and pillowcases.
12. ____ Examine all household members daily for the first 2 weeks after infestation, then weekly. Retreatment may be necessary. **DO NOT** use lice products more frequently than recommended on package.
13. ____ Have children store their coats, hats and other personal items in their backpack or plastic bags with handles that will hang on hooks in classroom or locker.

