



Lice Checklist For Parents

- ___ 1. Get the medication for lice from your doctor, clinic, or drugstore. Medication will only kill the live lice bugs in your student's hair. Each school building has a supply of treatment solution. Please ask the building office staff if you need some. (Some medical insurances companies will cover some of the cost with a physician prescription).
- ___ 2. Carefully check all members of your family, especially behind the ears and at the nape. Look for red streaks or marks from scratching. Treat only members who have lice/nits
- ___ 3. Treat head and scalp ONLY AS DIRECTED by the manufacturer of the treatment you choose. Over-treatment may poison the person. The hair should be completely wet with medication.
- ___ 4. Set the timer for the length of time that the medication is supposed to remain on the hair.
- ___ 5. Rinse medication out of hair. Rinse with water and towel dry.
- ___ 6. Divide the hair into small sections. Then with a very fine-tooth comb or nit comb, comb through the hair pulling out all the nits. Nits may need to be pulled out with fingers.
- ___ 7. The best way to see the lice eggs or nits in a very bright light. Sunlight is the best light. If you miss even one nit, it may hatch 90 to 150 eggs/nits.
- ___ 8. Every morning or in the evening (for ten days) each child should be checked for redness of scalp, additional nits/eggs or lice.
- ___ 9. Teach your child not to share others' hats, scarves, combs, brushes, etc.
- ___ 10. Collect all clothing, bedding-sheets, pillows, pillowcases, blankets, and towels. Machine wash all items at hottest temperature (150 degree or greater) daily for 10 days after treatment has been completed.
- ___ 11. After washing, put bedding into dryer at hottest-temperature setting for at least 20 minutes or until dry.
- ___ 12. Pillows, headphones, hats and stuffed animals that cannot be washed must be put into a plastic bag, tied off, and left completely closed for at least 14 days.
- ___ 13. Vacuum all carpets and rugs very thoroughly. Vacuum all couches, chairs, beanbag chairs, car headrests, car seats-anywhere that the back of someone's head might touch.
- ___ 14. Throw away all plastic bags and vacuum bags after use.
- ___ 15. All combs, brushes, hair ties, barretts, and sports helmets must be soaked in a disinfectant (one quart of water with one and one-half tablepoonful of Lysol or treatment solutions) for 30 minutes or boil for 10 minutes.