

# LICE CONTROL CHECKLIST

## Crook County School District

In order to eliminate head lice from your household, follow this checklist carefully.

### Day #1

**Step 1: Determine household members who need to be treated. Treat those with louse (live bugs) and nits (eggs).**

**Step 2: Purchase and gather all the supplies you need.**

- Lice treatment kit for each person with lice
- Nit removing comb or extra fine tooth comb
- Hair holders (bobby pins, clips)
- Towels
- Good lighting
- Extra-large trash bags

**Step 3: Treat the head (killing of lice)**

- Follow instructions on package. Each brand is different with application and length of treatment.

Note: After treating do not use regular shampoo or hair product for 24 hours.

**Step 4: Remove nits (eggs) from hair**

Nits are teardrop shaped and about the size of a sesame seed.

Nits stick to the hair with a glue like substance.

Nits can live up to two weeks off the body.

- Settle your child in with a good book or video. Take your time.
- While hair is damp comb out tangles with regular comb. Part hair into 4 sections.
- Start with one of the top parted sections. With one hand, lift a one-inch section of hair.
- Take a nit comb (or extra fine tooth comb) and with a firm even motion comb from the scalp to the end of the hair.
- Wipe eggs (nits) completely from comb onto tissue/paper towel.
- If comb does not remove nits use fingernails to pull nit down the length of hair.
- Using bobby pins or clips, pin back each section after you have combed out the nits.
- Repeat with the remaining sections of hair. If hair dries during combing it may help to slightly dampen with water. After you have thoroughly combed entire head, rinse thoroughly.
- Clean fingernails of both persons. Boil combs, brushes, clips used. Launder clothing/towels.

Note: Removing nits is a time consuming process but absolutely critical to guard against re-infestation.

## **Step 5: Clean the Environment.**

### A. Laundry

Launder any items used within the last week using hot water and then a hot dryer for 20 minutes.

- Clothing
- Caps, hats, scarves
- Bedding
- Towels
- Pillows (if washable)
- Coats (if washable)
- Sleeping bags (if washable)
- Backpack (if washable)
- Stuffed animals (if washable)
- Blankets and pillows from couch

### B. Soak in hot water (130 degrees or greater for at least 10 minutes)

- Combs/Brushes
- Barrettes, clips, etc.

### C. Vacuum

- Carpets/Rugs
- Pillows
- Mattress
- Upholstered furniture
- Child Car seats
- Car
- Stuffed Animals
- Bike/sports helmets

Note: Discard vacuum bag immediate after completion.

### D. Bagging

Items which cannot be laundered, soaked or vacuumed can be sealed in a garbage bag for 2 weeks. (After that time, any nits would be dead)

- Stuffed animals
- Headphones
- Helmets
- Other items that are not able to be laundered/vacuumed/boiled that have been used in the last week.

## **Step 6: notify others**

- Notify any other household/environment where the child spends time informing them that they must so all the same steps
  1. Check heads
  2. Treat to remove lice and nits if found
  3. Clean the environment as listed above.

## **Day #2-14**

- Recheck hair and remove nits (eggs) of all family members (daily for two weeks).
  - Rinsing head in vinegar may loosen the nit "glue" to aid in removal.
  - Nits may be easier to remove in dry hair.
- If any new lice are found, retreat, rewash, recheck and notify (steps 2-6 above).

- Retreat 7-10 days after following step #3 above.
- Vacuum daily.

**Prevention**

Once you've survived a lice infestation you will want to prevent going through it again:

- Don't share combs, brushes, barrettes, hair items
- Don't share hats, helmets, scarves, pillows, sleeping bags
- Don't share earphones/headphones (or clean them between uses)
- Hang hats and coats separately

**Dealing with the frustrations**

Treating head lice is time consuming and expensive. Sometimes the lice infestation reoccurs. Even many times. While there do appear to be lice that are resistant to common treatments, most reoccurrences of lice are due to missing one step through treatment. Double check the entire list above. Be sure you completed every step. Make sure steps 1-6 are completed on the same day.

If you do have resistant lice, contact your doctor or the school nurse.

**Cut on this line and bring signed statement to school. Student must check in at the office with Parent/Guardian for head check when returning to school.**

-----

**Parent Statement of Treatment**

\_\_\_\_\_ was treated on \_\_\_\_\_  
 (child's name) (date)

With \_\_\_\_\_ shampoo for head lice. All nits have been removed and household items treated.

Parent of Guardian Signature: \_\_\_\_\_