

Head Lice Control Checklist

The hair should be checked every week for head lice using bright or natural lighting. If you find lice or nits, check other family members or contacts daily for two weeks. Do not treat anyone unless they have lice.

1.	Brush hair thoroughly.	<input type="checkbox"/>
2.	Before treating, wash hair thoroughly with shampoo <i>free</i> of conditioners and other additives. They may interfere with the lice product.	<input type="checkbox"/>
3.	Read directions on lice product as some products are applied to damp or dry hair.	<input type="checkbox"/>
4.	Shake lice product well.	<input type="checkbox"/>
5.	Thoroughly saturate hair and scalp with sufficient amount of lice product. (as indicated on product insert).	<input type="checkbox"/>
6.	Leave on hair for period of time stated on product. For thicker, longer hair, you may want to double the time and/ or amount of product.	<input type="checkbox"/>
7.	Rinse hair well with water and towel dry.	<input type="checkbox"/>
8.	Part hair into sections to assist with nit removal.	<input type="checkbox"/>
9.	Remove all nits by pulling them off with your fingers (a nit comb may help). This can take time but it is the <i>most important step</i> . Checking for and removing nits should be done daily for 14 days.	<input type="checkbox"/>
10.	Repeat steps 1- 9 in 7 days.	<input type="checkbox"/>

Use another head lice product if **live lice** are found within 24-48 hours after first treatment. Immediately contact schools, child caregivers and any other persons who may have been exposed. Your child can return to school or child care after the first treatment. Call your public health nurse for advice if necessary.

Household Cleaning

1.	Soak combs, brushes, hair clips in very <i>hot</i> water for 15 minutes.	<input type="checkbox"/>
2.	Wash personal belongings (especially head gear), recently worn clothing, towels and bed linen in <i>hot</i> water. Dry using <i>hot</i> cycle of the dryer.	<input type="checkbox"/>
3.	Items that cannot be exposed to <i>hot</i> water should be either placed in a hot dryer for 20 minutes, <i>frozen</i> at -20°C for 24 hours, <i>sealed</i> in a plastic bag for 10 days or <i>dry cleaned</i> .	<input type="checkbox"/>
4.	Vacuum or wash area where there has been direct head contact (couch, bed, car seat).	<input type="checkbox"/>

If you have any concerns or questions, or have difficulty getting rid of head lice, contact your doctor, public health nurse or Health Links-Info Santé, Winnipeg at 788-8200 or toll-free at 1-888-315-9257.

