

### STEPS TO FOLLOW FOR TREATMENT AND CONTROL OF HEAD LICE

Check off each step as completed. This needs to be done for each member of the household with live lice or nits that are ¼ inch close to the scalp or for anyone who shares a bed with someone who is infected. Detailed instructions for removing lice can be found in Pages 8-20; 33-34 of ND Department of Health “Head Lice: A Lousy Problem” Booklet:

<https://www.hhs.nd.gov/sites/www/files/documents/DOH%20Legacy/headlicebooklet.pdf>

| Checklist  | Yes | No | Comments |
|--|-----|----|----------|
| <b>Necessary Items for Household Cleaning Process:</b>   |     |    |          |
| <b>Do you have?</b>  |     |    |          |
| Vacuum (with attachments)  |     |    |          |
| Hair Dryer   |     |    |          |
| Washing Machine  |     |    |          |
| Clothes Dryer  |     |    |          |
| <b>Did you vacuum:</b>   |     |    |          |
| Carpet and Furniture   |     |    |          |
| Mattresses   |     |    |          |
| Car  |     |    |          |
| Pillows  |     |    |          |
| All Upholstered Chairs   |     |    |          |
| Discard the vacuum cleaner bag immediately after vacuuming is complete, tape shut and take outside to the garbage.   |     |    |          |
| Wash: Clothing and jackets of the affected person.<br>Dryer: All washed clothing, jackets, bedding and pillows of the affected person for at least 20 minutes.<br>NOTE: Wash bedding, towels, clothing, caps and headwear worn in the past 3 days. Water should be 140 degrees F.  |     |    |          |
| Wash with hot soapy water: Toys, Metal and Wooden Furniture  |     |    |          |
| Place the following items in a SEALED BAG for 14 Days:<br>Leathers, Stuffed Animals, Dolls, Clothing that cannot be washed   |     |    |          |
| Clean all combs, brushes, barrettes, and hair clips. Remove all hair from the items first. Use one of these 3 methods:<br>1. Soak in hot water at least 10 minutes.<br>2. Soak in rubbing alcohol for 1 hour then wash thoroughly in hot soapy water.<br>3. Soak in lice killing shampoo for 1 hour, then wash in hot soapy water.<br>NOTE: Heat may melt some personal items. |     |    |          |
| Make sure everyone in the household is checked daily for at least 1 week. Treat if nits or live lice are discovered.   |     |    |          |
| Notify day care, other schools, and other persons with whom you have been in recent contact with so they can begin treatment if necessary  |     |    |          |
| <b>Be Persistent-this is a labor intensive process. You Can Do It!!!!</b>  |     |    |          |