



Student Health Services

✓ Parent Checklist for Head Lice

	Screen all family members routinely to identify signs of head lice as early as possible. Look for live lice, nits (eggs) attached to the hair shaft, open sores on the scalp, frequent head scratching, scalp irritability and sleeplessness.
	Treat identified infested family members with a method recommended by your healthcare provider.
	Remove nits from hair in a well lit area. Separate hair into sections and remove nits from the scalp to the ends of the hair with a nit comb or your fingers. Dip the comb in a glass of water between sections to remove nits from the comb, or dip your fingers into the water to deposit the nits.
	Wash all recently worn clothes and bed linens in hot water (130°F) or if fabric is not colorfast, wash in recommended temperature then dry in the high heat dryer cycle for at least 20 minutes.
	Store all clothing, stuffed animals, pillows/comforters, backpacks, etc. <u>that cannot be washed in hot water, dried in the high heat dryer cycle, or vacuumed</u> in a plastic bag and seal for 2 weeks.
	Clean combs and brushes by soaking for 5-10 minutes in hot water (130°F).
	Vacuum all floors, carpets and furniture, particularly furniture/rooms recently used by the infested person.
	Hard surface floors may also be mopped with hot water (130°F) if recommended by the manufacturer.
	Vacuum all cloth surfaces and carpet in vehicles used by the infested person.
	Pay attention to recently used items such as headphones, athletic headgear, helmets, hats/scarves/caps, and hair accessories.
	Report any new cases of head lice to your school, out-of-school care facility, and out-of-school activity contacts or groups to protect your family and community.
	Call your school clinic or Cluster Nurse if you have additional questions regarding head lice.

Routine screening and early detection is the best and only prevention of head lice outbreaks.

SCREEN-DETECT-REMOVE-PROTECT