

HEAD LICE—WHO DOES WHAT WORK CHART

A Resource for Families

		Who Does It?	Done
1	Examine each family member’s head in good light and with a magnifying glass if needed.		
2	Treat all family members who have lice. If you use a lice shampoo follow the directions on the product carefully. Never use lice shampoo on a child under two years of age.		
3	To remove lice and nits only (Does not treat lice or nits) use Lice-Out or any other water-soluble gel to immobilize lice and nits (see instructions below) for easier removal. Comb hair carefully with a fine toothed comb or use fingernails to get rid of nits. Wash out with dish detergent or a shampoo with no conditioner added.		
4	Soak all combs and brushes in hot water for 10 minutes.		
5	Remove and wash and dry sheets, pillow cases, blankets and bedspreads off beds of all persons being treated.		
6	Wash and dry all towels, washcloths and bedding that been used on “hot” settings.		
7	Put pillows and non-washable bedding and clothing in hot dryer for at least 5 minutes or seal in plastic bags for 14 days.		
8	Carefully vacuum all carpets, upholstered furniture, throw pillows, mattresses, the car and car seats. Throw used vacuum cleaner bag away in outdoor trash.		
9	Wash all jackets, sweaters, hats, and other clothes that have been worn since last washed.		
10	Notify all people that have been recently in contact with the person that had head lice.		
11	Remember to do a daily check for lice and nits. Children can return to class once treatment has begun.		

The following method may be used to remove lice and their nits (does not treat lice or nits):

1. Apply Lice-Out or other water-soluble gel around outer edges of scalp to form trap then saturate remaining hair.
2. Using nit comb, systematically section out small areas of hair and run comb through.
 - If hair gets dry, use more gel.
3. After each comb-through, rinse comb in hot water to get rid of lice and nits.
4. Continue until entire head has been combed through.
5. Wash head with dish soap or shampoo that does not contain a conditioner.
 - Gel is slippery. Using it while standing in shower is not recommended.
6. Use fingernails to remove nits that comb doesn't get.
7. Boil lice comb for 30 seconds to kill any debris on it.
8. If you choose to use a lice shampoo, use NIX or RID according to directions on bottle.
 - Nix goes on damp hair. RID goes on dry hair.
9. Repeat systematic combing. Remember to rinse comb in hot water each time.
10. Do not wash hair again for a minimum of 48 hours. NIX leaves a residue on hair that will continue killing lice and nits.
11. It's important to continue checking heads daily after the initial treatment.

Additional Tips

- Nit removal should be done in one place, preferably over a washable floor instead of over a carpet.
- Vacuum the area thoroughly and throw vacuum cleaner bag away in outside garbage.
- Wash heads over a sink to help prevent the spread of lice and nits to other parts of the body or to the area where cleaning is being done.