



## Head Lice Prevention and Control Checklist

In addition to nit picking, combing and the use of lice treatment products here are some additional measures that can be taken to help prevent head lice re-infestation and transfer to other people or family members.	
<b>Towels and Bedding</b>	
Use a clean towel for every bath or shampoo. Store apart from other laundry and wash separately.	<input type="checkbox"/>
Wash bedding in hot water and hot dryer whenever live bugs are found and once per week until all nits are gone.	<input type="checkbox"/>
Limit bedding to sheets, blanket and one pillow until lice have been gone for 2 weeks. Change pillowcase frequently as long as nits are present and every time lice are found.	<input type="checkbox"/>
Put pillow in dryer for 20 minutes every time lice are found.	<input type="checkbox"/>
<b>Combs, Brushes, Hair Articles</b>	
Each family member has own comb and brush kept separately.	<input type="checkbox"/>
Bag hair items, headbands for 2 weeks, unless washable.	<input type="checkbox"/>
Boil all brushes/combs for 10 minutes. Repeat daily until no evidence of lice is found. Repeat once weekly as a proactive measure.	<input type="checkbox"/>
<b>Furniture and Toys</b>	
Child with lice sits in only <u>one</u> chair for 2 weeks.	<input type="checkbox"/>
Child is only allowed in <u>one</u> bed.	<input type="checkbox"/>
No one else is allowed in that bed or chair	<input type="checkbox"/>
Put all play things used in past 2 days that are soft, fuzzy or have hair in sealed plastic garbage bags for two weeks – unless washable.	<input type="checkbox"/>
Other items that have contact with the head and neck that are not washable or dry cleanable need to be bagged. IRONING IS ALSO A WAY TO KILL LICE.	<input type="checkbox"/>
<b>Vacuuming</b> (Start with a new bag for good suction)	
Vacuum chair every day or two	<input type="checkbox"/>
Vacuum carpet where child plays 2-3 times per week.	<input type="checkbox"/>
Vacuum all sides of child's mattress.	<input type="checkbox"/>
Vacuum floor after nit picking (change vacuum bag after).	<input type="checkbox"/>
<b>Car</b>	
Vacuum car upholstery whenever live bugs are found and once a week.	<input type="checkbox"/>
Child sits in one seat in the car and no one else sits there.	<input type="checkbox"/>
<b>Clothes</b>	
Wash all clothes that touched the head and neck in the past 48 hours or limit to 10-15 washed outfits for 2 weeks kept in a clean area to avoid washing all contaminated clothing. (Leave the rest in closets, dressers, or bags for 2 weeks).	<input type="checkbox"/>
Put in laundry after wearing one time – separate from other laundry.	<input type="checkbox"/>
Wash clothes in <u>hot</u> water and dry on <u>hot</u> dryer setting.	<input type="checkbox"/>
Put away "dress up" clothes when there are head lice (wash or place in plastic bag if used recently).	<input type="checkbox"/>



<b>Jackets and Hats</b>	
Put hat, mittens, and scarves in sleeve of jacket.	<input type="checkbox"/>
Hang jacket away from other jackets, clothes or upholstery.	<input type="checkbox"/>
<b>School, Daycare or Friends Homes</b>	
Contact school or day care and investigate where child hangs coat, hats, naps, etc. Keep coats and blankets for napping separate.	<input type="checkbox"/>
In places where a child does not have a separate cubby or locker have children place coats, jackets, hats and scarves in green garbage bags.	<input type="checkbox"/>
Restrict your child from participating in head to head contact activities until the issue is resolved.	<input type="checkbox"/>
Encourage your children not to share their clothing, hairbrushes/combs and hair accessories with other children.	<input type="checkbox"/>
Have daycares/day homes remove play clothing, blankets and cloth furniture until the issue is resolved.	<input type="checkbox"/>
Call parents of friends your child has played with in the past week or two and tell them to check heads.	<input type="checkbox"/>
Do not go to visit others until lice and nits are gone.	<input type="checkbox"/>
Do cleaning measures in all households where child stays.	<input type="checkbox"/>
Have children who share locker or hooks or close contact checked.	<input type="checkbox"/>
Avoid places where lice can spread easily (movie theaters and sleepovers).	<input type="checkbox"/>
Notify teacher every time you child has lice.	<input type="checkbox"/>
Find out whom your child sits by on the bus and have them checked.	<input type="checkbox"/>
Send a separate bag to school for your child's jacket to avoid catching from nearby coats.	<input type="checkbox"/>
Keep long hair in braids or tied up in ponytail.	<input type="checkbox"/>
Spray hair gel, hair spray or a weak solution of essential oil on hair before children go to school and/or camps. This will deter lice.	<input type="checkbox"/>

Sources:

Alberta Health Services

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=hw51114&>

The Nit Pickers - <http://www.thenitpickers.ca/services.html>