



Head Lice Prevention and Control Checklist- Parent Information

<p>In addition to nit picking, combing with a proper lice comb and the use of lice treatment products here are some additional guidelines for preventing head lice re-infestation and transfer to other people. Get in to the routine of checking your child's head regularly even if they do not have active head lice. This is especially important after school breaks, camps or sleep overs. EARLY DETECTION, COMBING AND NIT PICKING ARE THE MOST ESSENTIAL STEPS FOR GETTING RID OF LICE.</p>	
Towels and Bedding	
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"/>
Combs, Brushes, Hair Articles	
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"/>
Furniture and Toys	
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"/>
Vacuuming (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"/>
Car	
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"/>
Clothes	
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"/>
Jackets and Hats	
Put hat, mittens, and scarves in sleeve of jacket.	<input type="checkbox"/>
Hang jacket away from other jackets, clothes or upholstery.	<input type="checkbox"/>
School, Daycare or Friends Homes	
Contact school or day care and investigate where child hangs coat, hats, naps, etc. Keep cots 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 activities where there is a greater chance of head to head contact until the issue is resolved.	<input type="checkbox"/>
Encourage your children not to share their hats, clothing, hairbrushes/combs and hair accessories with other children and to avoid head to head contact.	<input type="checkbox"/>
Ask 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 two weeks and advise them to check heads.	<input type="checkbox"/>
Have children who share a locker or hooks or close contact checked.	<input type="checkbox"/>
Do not go to school, daycare or to visit others until live lice has been treated and removed.	
Avoid places or take precautions where lice can spread easily (e.g. camps, sleepovers).	<input type="checkbox"/>
Notify teacher or daycare provider every time your 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, hats etc. 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 help deter lice.	<input type="checkbox"/>

Additional Resources:

Video: How to identify head lice

<https://www.youtube.com/watch?v=UrScqdNuTpch><https://www.youtube.com/watch?v=UrScqdNuTpc>

Video: How to remove head lice safely <https://www.youtube.com/watch?v=o75oLIVgKcE>

Video: How to use a lice comb <https://www.youtube.com/watch?v=-gBQN5P1xEM#t=125>

The Nice Lice Lady <http://thenicelicelady.blogspot.ca/>

The Nit Pickers www.thenitpickers.ca 780 488-6368

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