

## **GUIDE FOR HEADLICE TREATMENT**

1. **Treat with recommended headlice shampoo.** Ask your Pharmacist which brand is most effective and follow instructions carefully.
2. Once you have picked out all nits your child can return to school. Use the chart below to keep track of your treatment process.
3. **Re-treat after 7 days (NOT after six days!) using the same brand of headlice shampoo.**  
Example: If you treat on Thursday retreat on the following Thursday.

DAY FIRST NOTICED	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
date							date
Treatment day. (May return to school when all nits are out.)							Re-treat Re-check

### HELPFUL HINTS

- *Do not use conditioner or a 2 in 1 shampoo/conditioner before treatment.*
- Use shampoo only or dish detergent before using the treatment, so that the hair is stripped of any oil or conditioners that would interfere with the treatment.
- After first treatment, pick-out all nits to avoid hatching during the time between treatments.
- **Use the same product for both treatments.**
- \* *If you are financially unable to purchase the headlice shampoo, please contact the school for assistance.*

=====

## **HEADLICE TREATMENT CHECKLIST**

- Check **ALL** family members.
- Treat affected family members with special lice shampoo or conditioner.
- Remove **ALL** nits from hair with nit comb or fingernails - a vinegar and water rinse will help loosen nits from the hair shaft.
- Soak all combs/brushes in bleach solution or put in freezer for 24 hours.
- Wash all bedding and towels and hats in hot water with bleach.
- Put blankets in a hot dryer for 20 minutes or in the freezer for 24 hours.
- Vacuum the mattress, carpets and upholstery.
- Inform the child's friends' parents so that they can be examined and treated if needed.
- Return this checklist to your child's teacher when your child returns to school.
- Repeat treatment of all affected family members with special lice shampoo in 7 day's time.
- Remind your child not to share hats, scarves, etc. or to play with other children's hair.