

San Lorenzo Valley Unified School District

Lice Treatment Checklist and Plan

1. Check all members of family for lice or nits.
2. Gather supplies needed for treatment. Nix is recommended Lice Shampoo (Centers for Disease Control-CDC). Rid or any other generic shampoos are not recommended.
3. Wash hair with shampoo that has a high PH (i.e. Pantene, Suave). Do not use conditioner.
4. Apply Lice Treatment as per instructions in treatment box.
5. Remove all nits with nit comb using magnifying glass and hair clips to section hair for thorough cleaning.
6. Delouse all combs, brushes, head bands, hats, scrunchies, etc. by either placing in water that is 140 F or machine washing and drying or placing in a sealed plastic bag for 2 weeks.
7. Wash and dry (using hot water and hot air) sheets, pillow cases, blankets, back packs, clothing of all infected persons.
8. Hot dry (using dryer) for 20 minutes or dry clean blankets, bedspreads, etc.
9. Place all items that cannot be washed (stuffed animals, coats, etc.) in a sealed plastic bag for 2 weeks.
10. Vacuum all carpets and all furniture (dispose of vacuum bag when done).
11. Vacuum or wash car upholstery, including infant car seats.
12. Recheck all household members daily and remove any nits found.
13. Retreat in 7 days if needed by repeating first 12 steps.

Healthy Children Learn Better

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