

10 Days to Freedom from Head Lice

Day 1

- Notify or check all exposed friends and family members
- Treat only those who are infested with live lice or have evidence of nits
- Wash all bedding, clothing, and toys in hot water (130°F) and dry on high heat for 30 minutes. Items that cannot be washed should be stored in a tightly sealed garbage bag for 2 weeks or place in a freezer for 24 hours.
- Vacuum all carpeting, furniture and car upholstery

Day 2

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair

Day 3

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair

Day 4

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair

Day 5

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair

Day 6

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair

Day 7

- Vacuum
- Check all members of home for nits that may have been missed
- If nits or lice are still seen, repeat treatment if indicated by instructions.

Day 8

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair
- If nits or lice are still seen, repeat treatment if indicated by instructions unless this was done on day 7

Day 9

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair
- If nits or lice are still seen, repeat treatment if indicated by instructions unless this was done on day 7 or 8

Day 10

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair
- If nits or lice are still seen, repeat treatment if indicated by instructions unless this was done on day 7, 8 or 9

****Some lice treatments may indicate a second treatment after 7 to 10 days. Please follow the manufacturer's instructions carefully and only apply when it is suggested. This chart serves as a reminder for days 7, 8, 9 and 10.****