

10 Days to Freedom from Head Lice

<p>Day 1</p> <ul style="list-style-type: none"> *Notify or check all exposed friends & family members. *Treat only those who are infested with live lice or have evidence of nits laid ½ inch from the scalp. *Wash all bedding, clothing, & toys in hot water (130°F) & dry on high heat for 30 min. *Store all clothing, stuffed animals, comforters, etc., that cannot be washed or dry cleaned into a plastic bag; seal for 2 weeks. *Soak combs & brushes for 1 hour in rubbing alcohol, Lysol, or wash with soap & hot (130°F) water. *Vacuum all carpeting, furniture & car upholstery. Vacuum especially well in the places that those who are infested sit or lay. 	<p>Day 6</p> <ul style="list-style-type: none"> *Check all members of home for nits that may have been missed. *Comb/pick nits out of hair.
<p>Day 2</p> <ul style="list-style-type: none"> *Check all members of home for nits that may have been missed. *Comb/pick nits out of hair. 	<p>Day 7</p> <ul style="list-style-type: none"> *Check all members of home for nits that may have been missed. *If the lice treatment used on Day 1 recommends repeating in 7 days, repeat the treatment.
<p>Day 3</p> <ul style="list-style-type: none"> *Check all members of home for nits that may have been missed. *Comb/pick nits out of hair. 	<p>Day 8</p> <ul style="list-style-type: none"> *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 the lice treatment if indicated by instructions (DO NOT REPEAT TREATMENT IF DONE ON DAY 7...SEEK MEDICAL ADVICE)
<p>Day 4</p> <ul style="list-style-type: none"> *Check all members of home for nits that may have been missed. *Comb/pick nits out of hair. 	<p>Day 9</p> <ul style="list-style-type: none"> *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 the lice treatment if indicated by instructions (DO NOT REPEAT TREATMENT IF DONE ON DAY 7 OR 8; SEEK MEDICAL ADVICE)
<p>Day 5</p> <ul style="list-style-type: none"> *Check all members of home for nits that may have been missed. *Comb/pick nits out of hair. *Thoroughly vacuum areas that those who are infested sit or lay. 	<p>Day 10</p> <ul style="list-style-type: none"> *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 the lice treatment if indicated by instructions (DO NOT REPEAT TREATMENT IF DONE ON DAY 7, 8 or 9;SEEK MEDICAL ADVICE)

10 Days to Freedom from Head Lice (February 2, 2007)