

Lice Elimination Checklist

Treating the Child

- ☐ **Lice-Killing Treatment** – speak to your pediatrician especially for children under two years of age and children with allergies or asthma.
 - **Pediculicides** like RID, Nix etc...chemically kill lice.
 - **Prescription** treatments may be needed. **Ulesfia Lotion** and **Sklice** are among other Products used successfully by parents.
 - **Smothering Methods** – **olive oil, heavy conditioners** or **Cataphil** face wash can be applied to the scalp/hair. It must remain on for at least 6 hours to truly suffocate the lice.
- ☐ **Manual Removal of Nits/Eggs** – must inspect your child's head one section at a time paying close attention to the area around the ears and neck. Combing with a fine-tooth metal lice comb is easier if the hair is wet or has **conditioner** in it. There are professional services such as **LiceDoctors.com, LiceAnties.com** or **Laughinglocks.com** that either come to your home or are a salon visit. There is greater cost to these services but may be helpful for some families. **Continue to remove nits daily.**
- ☐ **Repeat Repeat** – Because of the life cycle of lice you must continue to check and/or treat for at least four weeks. Chemical shampoos should only be repeated after 7-10 days while smothering methods can be repeated more frequently. **Eggs will hatch** so checking for and removing eggs is essential to prevent a “re-infestation.” **Check and treat if needed all family members.**

Treating the Environment

- ☐ **Wash** bed linen, towels, coats, hats and any other clothing or washable items the child may have used. Dry on hottest setting. Anything that cannot be placed in dryer can be put in plastic bag for a couple of days. An egg may hatch but nymphs will not survive without immediate contact with human scalp.
- ☐ **Vacuum** only those areas that the child spends the most time. Lice only live on human heads.
- ☐ Combs, brushes or barrettes can be washed in hot water and left to dry completely.
- ☐ **Focus on the head. You do not need to repeat the above after 1st day.**
- ☐ **Spraying Insecticides is not recommended and may be harmful.**