

Strategies for

DELOUSING YOUR ENVIRONMENT

These steps should be performed once the members of the family have been treated for head lice.

BEDROOMS

1. Strip all bedding that has been used prior to treatment, wash and dry for 30 minutes on high heat. This should be done daily if treating at home. Place any extra/decorative pillows in a trash bag for 2 weeks.
1. If you have a mattress cover, you may wish to lint roll or vacuum it. If you do not have a mattress cover, vacuum the mattress daily.
2. Keep all clothing and fabric items off the floor and keep all drawers closed.
3. All stuffed animals, dress up clothing, and items that cannot be dried should be placed in a trash bag for 2 weeks. They can also be placed in a bag in the freezer for 24 hours.
4. Do not use family clothing hampers for dirty laundry that is worn by anyone being treated: use a trash bag instead.
5. Lint roll or vacuum pillows and bedding every morning.

LIVING AREAS, DENS, AND BASEMENTS

1. Lint roll or vacuum all furniture.
2. Vacuum all high traffic areas and floors daily. (Nits can still hatch if they are attached to hair that has shed.)
3. Keep off the floors as much as possible.
4. Roll up and store any area rugs for 2 weeks. If they will not fit into a trash bag, they can be placed out of the way in a garage or basement where no one will come in contact with them.

BATHROOMS AND KITCHENS

1. Keep all towels to a minimum. Any towels hanging in the bathroom need to be laundered daily. Replace hand towels with paper towels for 2 weeks. Place all towels in a bag right after they have been used. Do not use a towel more than once.
2. Wipe all hard surfaces (counters, backs of toilets, vanities, and tables) daily with Clorox wipes.

3. You may wish to replace/discard any brushes with holes or rubber holding the bristles because lice can get in the holes or behind the rubber.
4. Sanitize brushes and combs by removing any loose hair and choosing one of the following:
 - A. Submerge in rubbing alcohol for 15 min.
 - B. Bring pot of water to a boil, remove from heat and submerge hair accessories until water cools completely.
 - C. Place all items in a plastic bag and freeze for 24 hours.
 - D. Run accessories through the dishwasher under the sanitation cycle.

(All of the above should be done daily)

VEHICLES AND MISC. ITEMS

1. After treatment, vacuum or lint roll car seats.
2. Purses, backpacks and coats should be lint rolled or dried on high heat for 30 min.
3. Sports helmets can be lint rolled or vacuumed before each use.

HELPFUL NOTES...

- Lice do not jump or fly: they crawl and trapeze from head to head.
- Human head lice are host specific; they will not infest your animals.
- Keep hair pulled back and use hairspray or hair gel to minimize the chance of acquiring or spreading head lice.
- If children share a locker, cubby, or coat closet at school, have them place their belongings inside a zipped backpack or trash bag.

AFTER TREATMENT HAS BEEN STARTED, YOU ARE TRYING TO AVOID HAVING ANY LOOSE HAIRS IN YOUR HOME/CAR. NITS DO NOT NEED TO BE ON YOUR HEAD TO HATCH.