

CLEANING THE ENVIRONMENT

After Completing the treatment and nit picking, you need to clean the surroundings.

Its not as hard as it seems! You can simply leave your house for a couple of days and when the lice will be dead. Make sure you don't take any items with you that may have lice tagging along with you.

Most of us cannot simply pack up and go somewhere else for a few days. You may take the following steps to clean the environment and get rid of any lice left behind.

1. Wash the child's clothes, towels, pillow cases, sheets, blankets, coat, hat, backpack and gloves, in hot water using laundry soap. Dry in the dryer for at least 20-30 minutes.
2. Items that come in close contact with your child and cannot be washed (i.e. stuffed animals, pillow, comforters) can be placed in a closed paper or plastic bag for two weeks or dry cleaned.
3. Vacuum all carpets, furniture, car seats, and head rests. Throw away the vacuum bag when done.

If you have completed these steps, give yourself a hand!

Use a calendar to document what you do each day. You may print the IDPH brochure with the calendar on it. Mark the first day you find lice on your child and begin treatment. For the next fourteen days check your child's head daily. Depending on the treatment you choose. You may want to mark the next time you need to repeat the treatment.

Remember...you should comb your child's hair daily but make sure that you DO NOT shampoo with lice shampoo daily. Read and follow the instructions to the letter. Before you know it, the lice will be gone. You and your child can go back to the normal weekly lice checks.