

# LICE INFORMATION FOR THE HOME

When you have a head lice infestation, 99% of the infestation is on your head and 1% is in your environment. The human head should be your focus, but there are some things you need to do in your home to guard against re-infestation. Below is a list of recommendations on treating your home and family.

1. Wash all bedding, including blankets, quilts, and mattress pads in hot water. If the infestation is severe, we highly recommend vacuuming and quickly ironing the mattress. In the infested persons location
2. Any stuffed animals or blankets that the child sleeps with should be placed in the dryer on high heat for 30-40 minutes, or if they are too fragile for the dryer, please put them aside for 12-24 hours.
3. Hair accessories such as hairbrushes, hair-bands, headbands, etc., should be placed into a bag and put into the freezer for 3-4 hours or put aside for 12-24 hours. ONE time.
4. Helmets and hats should be cleaned with an appropriate treatment product.
5. Vacuum and wipe off all furniture where the infested person has sat, including car seats, couches, etc
6. If kids play frequently on the carpet, vacuum carpets thoroughly.

A louse can live off the head for 24-72 hours, however, once it is off a human host for longer than 12 hours, it has missed several feedings and its' systems are beginning to shut down. In other words, the louse is dying. Even if that bug got back on your head, it will not do any damage. Nits cannot hatch once they are off the head.