

# Lice Awareness Wednesday

## 10 Steps to Becoming Lice Free

10) Teach your child not to share personal items such as hats, brushes, coats, etc.



1) Use a proven treatment and be sure to follow all directions.



9) Vacuum to get rid of any lice dust or egg shells left behind.



2) When treating head lice, start at the nape of the neck and behind the ears.



8) Place items that cannot be cleaned or placed in the dryer in a tightly sealed plastic bag for 10-14 days.

3) Check for nits (head lice eggs) and use a nit comb to remove them.



7) Soak all hair care items such as brushes, combs and hair clips in very hot water for 15 minutes.



4) Follow through with a second treatment within 7-10 days.

6) Dry clean items that cannot be washed.



5) Wash all bedding and clothing that your child has used in hot water or run through the dryer's hottest setting for at least 30 minutes.



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