

# How To Get Rid of Head Lice In Your Home

## 1 Identify People At Risk To Be Infested With Head Lice

- If a child in the household has head lice, it is important to examine the hair of those in close personal contact with the infested child carefully for lice.
- Any sign of live lice or nits within 1 cm of the scalp should be treated. Children who share personal items should be examined closely.



## 2 Wash Items Infested With Head Lice

- Head lice can't survive off the scalp for more than 48 hours. If a head lice infestation is discovered and treated, it is important to wash all items that have been in contact with the child for the last 48 hours.
- Pillows, sheets, pajamas, towels, clothes all need to be washed and changed daily until head lice are gone.
- Wash contaminated items in the hot washing cycle and dry in a dryer with the heat setting turned on.
- Make sure to wash personal hair care items such as combs, brushes and hair bands in hot water every day to eliminate head lice.

## 3 Vacuum High Risk Spots

- Although a much larger than usual house cleaning effort is most likely not necessary for getting rid of head lice, it is wise to thoroughly vacuum certain key areas.
- Furniture that might have been in contact with the head of the infested child, like a couch or a car seat, should be vacuumed.
- Be sure to focus on the area where the child rests his head. Vacuuming can be done daily until the head lice have disappeared.

## 4 Seal Non-Washable Items

- Any item that cannot be washed, such as stuffed toys and hair accessories, should be bagged and sealed for two weeks.
- During a two week period any remaining nits on the items would have hatched and died without a source for feeding.

## 5 About Fumigant Sprays For Head Lice

- ! The use of fumigant sprays designed to kill head lice is not recommended.
- The chemicals in fumigant sprays do more damage than good, because they can be toxic when inhaled or absorbed through the skin.



Head Lice Center.com

For more information about head lice, visit [www.headlicecenter.com](http://www.headlicecenter.com)

