

## ***AP 329-1 Parent Checklist for Head Lice***

Child's Name: \_\_\_\_\_

1. Check all family members
2. Treat affected family members with special lice shampoo or conditioner.
3. Remove ALL nits from hair with nit comb or fingernails – a vinegar and water rinse will help loosen the nits from the hair shaft.
4. Soak all combs / brushes in bleach solution or put in freezer for 24 hours.
5. Wash all bedding and towels and hats in hot water with bleach.
6. Put blankets in a hot dryer for 20 minutes or the freezer for 24 hours.
7. Vacuum the mattress, carpets and upholstery.
8. Return this checklist to your child's teacher when your child returns to school nit free.
9. Repeat treatment of all affected family members with special lice shampoo in one week's time.

\*\* Remind your child not to share hats, scarves, etc., or to play with other children's hair.

I hereby certify that I have completed #1-8 above and will complete #9 within seven days.

\_\_\_\_\_  
Parent (Guardian) signature

\_\_\_\_\_  
Date