

## Next Steps – The Check List

Now that you have found live head lice in your child's hair, here is an easy check list of steps for you to follow to help avoid re-infestation of head lice. Begin immediately after treating hair.

- 1. Check hair of other kids and adults in your home and begin treatment of everyone affected. Ensure all family member's hair is checked daily for the next 2 weeks and remove any nits (louse eggs) that might remain after treatment.
- 2. Soak all combs, brushes and hair accessories for 20-30 minutes in hot water with disinfectant.
- 3. Head lice only survive on the head and are unlikely to be caught by sharing items like hair brushes, pillows and towels as they cannot survive without feeding from human blood for very long. However, for peace of mind you may wish to machine wash all personal belongings (especially head gear), like washable clothing, towels and bed linens. Choose the regular/normal cycle and increase the temperature for a hot water wash cycle. Then place items in a hot dryer on a high heat for at least 30 minutes. Here is a list of items that you could wash:
  - Clothing, coats, jackets, scarves, headbands and any other headgear items that can be washed
  - Towels, face washers and washcloths
  - Bed sheets, pillow cases, doona covers, sleeping bags and blankets
  - Pony tail holders and headbands.
- 4. Bag all other non-washable items and toys and place in a well-sealed plastic bag for two weeks. Keep plastic bags out of reach of small children. Open outside away from the house and shake items very well and through the bags directly in the outside bins.
- 5. Vacuum all carpeted areas of the house as well as rugs, upholstered furniture such as couches and chairs and play mats. You can even vacuum mattresses for peace of mind to ensure there are no lice. Discard vacuum cleaner bag or empty the compartment straight after vacuuming. Continue vacuuming every day for at least one week after both treatments.
- 6. Notify others that your child has been in contact with, so other children and parents can be checked promptly. Inform the school and childcare centres as a courtesy, other parents and family friends that you have seen in the last week so.
- 7. Incorporate a head check every three days as part of your child's hygiene and bed time routine. Remind your child not to share personal items such as combs, brushes, and hats with others to ensure no reinfection.
- 8. Repeat Hedrin treatment 7 days later as per the on pack instructions ensuring you follow the instructions exactly and cover hair from root to tip for effective treatment.