

# 10 Days to Freedom from Head Lice

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## DAY 1

- Notify or check all exposed friends and family members
- Treat only those who are infested with live lice or have evidence of nits
- Wash all bedding, clothing, and toys in hot water (130° F) and dry on high heat for 30 minutes. Items that cannot be washed should be stored in a tightly sealed garbage bag for 2 weeks or placed in a freezer for 24 hours.
- Vacuum all carpeting, furniture and car upholstery

## DAY 2

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair

## DAY 3

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair

## DAY 4

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair

## DAY 5

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair

## DAY 6

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair

## DAY 7

- Vacuum
- Check all members of home for nits that may have been missed
- If nits or lice are still seen, repeat treatment if indicated by instructions

## DAY 8

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair
- If nits or lice are still seen, repeat treatment if indicated by instructions unless this was done on day 7

## DAY 9

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair
- If nits or lice are still seen, repeat treatment if indicated by instructions unless this was done on day 7 or 8

## DAY 10

- Vacuum
- Check all members of home for nits that may have been missed
- Comb/pick nits out of hair
- If nits or lice are still seen, repeat treatment if indicated by instructions unless this was done on day 7, 8 or 9

**Some lice treatments may indicate a second treatment after 7 to 10 days. Please follow the manufacturer's instructions carefully and only apply when it is suggested.**