









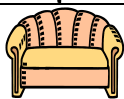







## The Nit Picking Chart

Who will  
do it(✓)

I did it  
(✓)

	Examine each family member's head.		
	Go to drug store for over-the-counter head lice product.		
	Treat all members of family that are or could be infested.		
	Soak combs and brushes in hot water (150° F) for 10 minutes or soak in louse shampoo for 1 hour.		
	Comb hair of each person carefully with a fine +tooth comb or use tweezers or fingernails to get rid of all nits.		
	Take sheets, pillowcases, blankets, and bedspreads off all beds of all infested persons.		
	Wash and dry all bedding at <b>hot</b> settings.		
	Put pillow and non-washable bedding in dryer for 30 minutes, or hang in direct sun for 6-8 hours, or seal in plastic bag for 14 days.		
	Vacuum all mattresses or run a hot iron over them, especially around any buttons.		
	Make all beds with clean bedding.		
	Carefully vacuum all upholstered furniture, throw pillows, and seats <u>in car</u> .		
	Carefully vacuum all carpets.		
	Wash all jackets, sweaters, hats, and other clothes that have come in contact with infested persons in last three or four days.		
	Take non-washable clothes to cleaners or use alternative treatment: hot dryer for 30 minutes; seal in plastic bag for 14 days; freeze for 48 hours; direct sun for 6-8 hours.		
	Fold clean clothes and put them away.		
	Notify all persons who have been in recent contact with infested family members(s).		

**DON'T FORGET:**

1. Check daily for nits.
2. Re-treat in 7-10 days if directions say to do so.

