

# The Nit-Picking – Who Does What Work Chart

	Who is to do it?	I did it ✓
1. Examine each family member’s head carefully. Use bright light, a magnifying glass and glasses if you need them.		
2. Get the lice treatment product.		
3. Treat all family members who have lice.		
4. Soak combs, brushes and barrettes in very hot water.		
5. Remove all nits (eggs) this will take time and patience. Options for combing out nits after treatment. <ul style="list-style-type: none"> <li>• a very fine-toothed comb (nit comb, flea comb)</li> <li>• use a scrub pad cut into strips; fold in half over each hair shaft and slide down hair shaft</li> <li>• Some people use tweezers or fingernails to pull out nits.</li> </ul>		
6. Remove and wash and dry sheets, pillow cases, blankets and bedspreads off beds of all persons being treated.		
7. Wash and dry all towels, washcloths and bedding that have been used on “hot” settings.		
8. Put pillows in a hot dryer for 20 minutes.		
9. Carefully vacuum all carpets, upholstered furniture, throw pillows, mattresses, the car and car seat..		
<b>You’re doing great!! - - Keep going . . .</b>		
10. Throw used vacuum cleaner bag away in outdoor trash.		
11. Wash all clothes, jackets, sweaters and hats that have been worn since last washed.		
12. Notify all people that have recently been in contact with the person that had head lice.		
13. Remember to do a daily check for lice and nits. <b>Children can return to class once treatment has begun.</b>		
<b>14. Take a deep breath, sit down, put your feet up and take a moment to relax. Congratulations! You did it!</b>		