

Checklist for Parents: Attempt to help prevent spread of Head Lice

- _____ Check your child's heads when an e-mail or letter comes home about lice.
- _____ Do not share hair care items or hair accessories (bands, hats, headbands, brushes/combs etc).

Sleepovers – that are away:

- _____ Wash pillow case when they get home
- _____ Put pillow in dry on high for 30 minutes
- _____ Put sleeping bag in a large trash bag or bin for 2 weeks.
- _____ If you did not use a sleeping bag—wash all comforters/lines.
- _____ Check your child's head after a sleepover for 1 month. This can be a weekly check.

Sleepovers –at your home:

- _____ Wash all comforters/lines used right away.
- _____ Vacuum sofa bed &/or carpet
- _____ put all pillows that may have been burrowed in the dryer on high for 30 minutes.
- _____ Check your child's head after a sleepover for 1 month. This can be a weekly check.

***** At sleepovers remind you child not to sleep head to head. Have them sleep head-to-head-toe OR feet to feet (for 2-3 person sleepover).**

Sports/Dance/Play Practices:

- _____ do not share helmets/hats/wigs

Bus:

- _____ Remind your child to sit up right with their backs against the back of the bus seat.
- _____ Remind your child to **not** sit head to head with another child on the bus.

***** If your child has head lice please inform the parents of all the children they have come close contact with for the past 3-4 weeks.**