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.