

Nit Picking Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

© Cegeon Calendars

This calendar is used to record nit picking sessions and findings. Fill in the date on the calendar and use it for the duration of the treatment.

Key:

Nits and Lice Found-X

Nits Found-/

Lice Found-*

Treatment Applied- +

Nothing Found-O

Notes and Questions:

Head Lice



Identify
Treat
Eliminate

Step by Step: Treating Head Lice



Ask your child's physician which product would best treat your child.



Separate hair into 1/4 inch sections and comb through or manually remove lice and nits.



1. **Identify** that your child has head lice.

- A live louse is seen
- Egg cases or "nits" are seen 1/4-1/2 inches from the scalp

2. Contact your child's physician for a recommendation on which product would best treat your child.

3. Often a shampoo or conditioner is recommended that contains a **pediculocide**. This chemical will kill or weaken the lice. Use the product exactly as directed on the label. Most products only kill lice not the nits.

4. Nits will need to be manually removed with a lice comb or with your fingertips. Use the comb provided with the product or purchase a separate metal lice comb.

- Separate the hair into **1/4 inch sections** and comb through starting at the scalp.
- Work from one side of the head across the back to the other side. Then do the top of the head, always looking at the hair in **1/4 inch sections**.
- When nits and lice are found, either comb them out or remove them with your fingertips.
- Always dispose of lice and nits in the trash. If thrown on the floor they may hatch.

5. **Remove** all bedding and towels and **wash in the hottest water tolerated and dry on the hottest heat**. Wash all coats and sweatshirts. Wipe down backpacks and helmets.

6. **Vacuum** all rugs, floors, furniture, and family vehicles, including child safety seats.

7. **All stuffed animals and decorative pillows**, that can't be washed, should be placed in the dryer for 20 minutes on high heat.

8. **Items that can't be heat treated, washed, or vacuumed**, should be placed in a plastic bag and stored for at least two weeks.

Daily Tasks:

1. Place bedding in the dryer for 20 minutes. Sleeping bags work well and save time with this task. If items can't be placed in the dryer, vacuum them.
2. Nit picking is done once a day on dry hair and should continue for two weeks. If live lice or nits are not seen after two weeks, then checks can be **slowly** tapered off to once a week.
3. If live lice are seen on week after initial treatment, another application may be needed. Follow the directions on the original product for reapplication instructions, or consult your child's doctor.
4. If an additional application is needed, continue daily nit picking for another two weeks, then taper off.