

WHAT TO DO: PLAY IT SAFE!

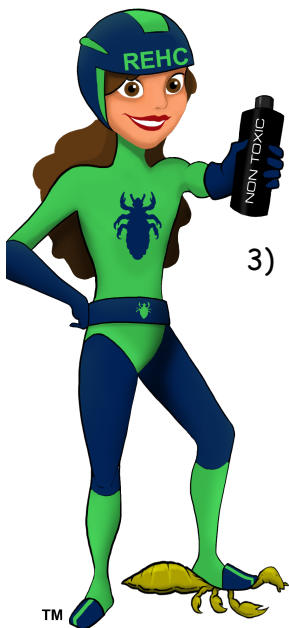
Checklist for your visit to Lice Solutions

BEFORE YOUR ARRIVAL:

- 1) **Wash child's hair** the night before. Do not bring the child in with wet hair. Also, **NO hair products such as gel or hairspray** should be applied prior to your arrival as it makes the technician's job more difficult.
- 2) Very Important--**brush or comb child's hair free of tangles before arriving.**
- 3) Have the child wear a **button-up shirt** for easy removal and bring an **extra clean shirt** to be worn upon leaving.
- 4) Come equipped with a new or cleaned **hair tie or scrunchy.**
- 5) While we make every effort to consider your child's comfort, know that the child will be seated for an extended period. Please feel free to bring a **favorite book, toy, or DVD** along with you.
- 6) Consider bringing a snack for your child.
- 7) **We strongly encourage you to bring all family members along** so every member can be checked. This helps minimize the odds of re-infestation and assures your school that you have done your part in identifying other potential contact issues.
- 8) **DON'T stress over the cleaning.** We will guide you through some safe and effective means of cleaning necessary items, only after your treatment process has been completed.

DURING YOUR VISIT:

- 1) When bringing young children, PLEASE keep them in tow. For the comfort of all clients, small children (under 5) are **not to be left in the waiting room** without the care of a parent or responsible party. Also, for the safety of all, please do **not allow them to be laying or playing around the treatment area** while technicians are working.
- 2) **Schedule rechecks** with receptionist for the next two weeks. It is mandatory that you follow through with your two follow-up visits as it's the only way we can help you to ensure that no further contact exists.
- 3) Educate yourself while in our facility. Take advantage of this time to **learn more about head lice.** We have plenty of reading material including a sample copy of our **LICE ADVICE** book and we are always willing to answer any questions you may have. Education is the best way to help prevent future reoccurrences!



AFTER YOUR VISIT: Use Common Sense Cleaning (24-Hour Window)

- 1) **Change sheets on any bed the infested person might have slept in, in the last 24 hours.** Wash and Dry in HOT temperatures or throw in dirty clothes.
- 2) **If you lay on Comforters or bedspreads, they can be removed from the bed for 24 hours or thrown into the dryer for 30 to 45 minutes on high heat.**
- 3) Combs, brushes, and hair ties used only in the last 24 hours can be cleaned by any of the following methods:
 - a. Place in alcohol, ammonia or dish detergent and allow them to soak for a minimum of two hours.
 - b. Put into boiling water for 10 to 15 minutes.
 - c. Put in a ziploc bag and place in freezer overnight.
 - d. Place in your dishwasher on a hot cycle.
 - e. Also, simply don't use them for 24 hours.
- 4) Run a light **vacuum** on areas where child frequently sits or lays, including floors, furniture, auto, and other upholstered items. In the absence of a vacuum cleaner, you may use a lint remover brush on sofa, etc, or throw a sheet over the item for 24 hours.
- 5) If your child sleeps with a **stuffed animal or blanket**, be sure to put them in the hot dryer for at least 30 minutes.
- 6) Provide child with **clean pajamas and bath towel.**
- 7) **Be a friend and tell a friend.** Notify your child's school and any close friends who may have been in contact with your child. Remember, it is not just where the child got Lice **BUT** who the child gave it to as well. Failing to notify contacts could put your child at risk for re-infestation.
- 8) Make **head checks** a part of your **weekly routine.** Early detection is the only way to stop head lice from escalating or spreading!
- 9) Reduce your child's chances for re-infestation. Keep girls' hair pulled back, any time they are playing with others. Shampoo regularly using a mint-based shampoo or lice prevention shampoo to identify. Use a mint-based leave-in spritz on the hair before leaving home. Comb with lice comb once or twice a week and watch for signs of head lice. Lastly, **Play It Safe!** Know who you are coming in contact with and **NEVER** knowingly expose yourself to head lice.

****** REMEMBER, YOU'RE NOT ALONE IN YOUR EXPERIENCE!
HAVING HEAD LICE IS NO WORSE THAN A BAD COLD AND SHOULD BE
NO MORE EMBARRASSING THAN A CASE OF CHICKEN POX!!! ******