



Health Department  
Public Health Nursing  
County of La Crosse, Wisconsin  
300 4th Street North • 2nd Floor  
La Crosse, Wisconsin 54601-3228  
(608) 785-9723 • FAX: (608) 785-9846  
[www.co.la-crosse.wi.us/Health](http://www.co.la-crosse.wi.us/Health)



**Public Health**  
Prevent. Promote. Protect.

## **HEAD LICE ENVIRONMENTAL CLEANING**

**All steps must be done on the same day of treatment or lice will be a continuing problem.**

### **HOUSEHOLD MEMBERS:**

\_\_\_\_\_ Check heads daily for two weeks.

### **COMBS, BRUSHES, HAIR ARTICLES:**

\_\_\_\_\_ Each family member should use their own comb and brush. Store separately.

\_\_\_\_\_ Soak combs, brushes, and plastic hair clips in 130° F water for 10 minutes or in lice medication for one hour.

\_\_\_\_\_ Place hair items, headbands, etc. in a sealed plastic bag for two weeks, unless washable.

### **VACUUMING FURNITURE AND HOME:**

\_\_\_\_\_ Carefully vacuum all carpets and upholstered furniture, throw pillows, and carpet 2-3 times per week.

\_\_\_\_\_ Vacuum car upholstery once per week (Don't forget to vacuum car seats).

\_\_\_\_\_ Throw away vacuum bag outside in sealed trash bag when finished.

### **CLOTHES:**

\_\_\_\_\_ Wash all clothes in hot water (130° F) and dry on high heat for 20 minutes.

\_\_\_\_\_ Dry clean all non-washable clothes.

\_\_\_\_\_ Items that cannot be washed or dry cleaned should be placed in sealed plastic bag and left there for 2 weeks.

### **JACKETS AND HATS:**

\_\_\_\_\_ Wash and dry all jackets, sweaters, hats and other clothing that has been worn or in contact with infected person's clothes or head within the last week in hot water and dry on high heat for 20 minutes.

\_\_\_\_\_ Place all non-washable clothes in hot dryer for 30 minutes or plastic bag for 14 days.

### **TOWELS AND BEDDING:**

\_\_\_\_\_ Use a clean towel for every bath or shampoo. Put into laundry immediately.

\_\_\_\_\_ Child is allowed in only one bed and no one else should be allowed in that child's bed.

\_\_\_\_\_ Wash and dry bedding including sheets, comforter, pillows, pillowcases, blankets, and mattress pads on the hot settings initially and then once per week until all nits are gone.

\_\_\_\_\_ Put pillows and non-washable bedding in dryer for 30 minutes on hot setting or seal them in a plastic bag for 14 days.

*"Protect, promote and improve the health of all people in the county."*

*An Equal Opportunity Employer*



*Health Department  
Public Health Nursing  
County of La Crosse, Wisconsin*

300 4th Street North • 2nd Floor  
La Crosse, Wisconsin 54601-3228  
(608) 785-9723 • FAX: (608) 785-9846

[www.co.la-crosse.wi.us/Health](http://www.co.la-crosse.wi.us/Health)



**Public Health**  
Prevent. Promote. Protect.

\_\_\_\_\_ Vacuum all mattresses or run hot iron over them, especially around any buttons.

Wipe waterbed mattress with damp cloth.

\_\_\_\_\_ Limit bedding to sheets, blanket, and one pillow (bag all quilts, pillows, etc.) until all nits have been gone for 2 weeks.

\_\_\_\_\_ Change pillow case frequently as long as nits are present and every time lice are found.

\_\_\_\_\_ Put pillow in dryer for 20 minutes every time lice are found.

**TOYS, ETC.:**

\_\_\_\_\_ Wash all washable toys in hot water and dry on high heat.

\_\_\_\_\_ Put all stuffed animals or other toys that have fur/hair that may have played with or slept with in a sealed plastic bag for 14 days or wash and dry them on hot settings.

**SCHOOL OR DAYCARE:**

\_\_\_\_\_ Contact teacher and investigate where child hangs hat, coat, etc.

\_\_\_\_\_ Have children who share lockers or hooks checked.

\_\_\_\_\_ Keep coats and blankets for napping separate.

**OTHER PLACES:**

\_\_\_\_\_ Do cleaning measures in all households where child stays.

\_\_\_\_\_ Notify all who have been in contact with the infected person within the last week.