









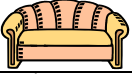






	<i>The Nit Picking Chart</i>	Done (√)
	Examine each family member's head.	
	Go to drug store for over-the-counter head lice product.	
	Treat all members of family that are or could be infested.	
	Soak combs and brushes in hot water (150) for 10 minutes or soak in louse shampoo for 1 hour.	
	Comb hair of each person carefully with a fine tooth comb or use tweezers or fingernails to get rid of all nits.	
	Take sheets, pillowcases, blankets, and bedspreads off all beds of all infested persons.	
	Wash and dry all beddings at hot settings.	
	Put pillows, stuffed animals and non-washable bedding in dryer for 30 minutes, <i>or</i> seal in plastic bag for 14 days.	
	Vacuum all mattresses, especially around any buttons. Empty vacuum bag or canister.	
	Make all beds with clean bedding.	
	Carefully vacuum all upholstered furniture, throw pillows, and seats in cars.	
	Carefully vacuum all carpets and floors.	
	Wash all jackets, sweaters, hats, and other clothes that have come in contact with infested persons in last 3-4 days.	
	Take non-washable clothes to cleaners or use alternative treatment: hot dryer for 30 minutes; seal in plastic bag for 14 days; or freeze for 48 hours.	
	Notify all persons who have been in recent contact with infested family member(s).	

- DON'T FORGET: 1. Check everyone daily and remove any nits
 2. Re-treat all family members in 7-10 days, as directed.