

LICE CLEANING CHECKLIST

BEDROOMS

- Remove all linens from the bed of the person who had lice. Put these linens in the dryer for 40 minutes on high heat.
- Put pillows through the dryer for 40 minutes on high heat.
- Vacuum the mattress with its detachable hose OR use a sticky lint roller and roll the mattress.
- Place any "fuzzy" items (like stuffed animals) either in the dryer for 40 minutes on high heat or temporarily seal them in a garbage bag for 48 hours.
- Either remove rugs and put in the dryer for 40 minutes on high heat or vacuum them or place them in a garbage bag for 48 hours
- Vacuum the floor if it is carpeted.

CLOTHING

- Put items that have been worn in the last 48 hours by the person who had lice through the dryer on high heat for 40 minutes or seal them in a bag for 48 hours.

BATHROOMS

- Remove any towels used in the last 48 hours and dry them in the dryer for 40 minutes on high heat.

BRUSHES AND HAIR STUFF

- Remove as much hair from brushes as you can and flush hair down the toilet or seal it in a trash bag.
- Soak hair brushes, combs, and hair accessories used by the person with lice in hot water (135° F or greater) for 10 minutes.

CARS AND CAR SEATS

- If your car has a cloth interior, vacuum or lint roll all the seats and headrests. Leather interior then wipe down with a Sani-wipe.
- Vacuum or lint roll car seats, including all the crevices OR remove the car seat cover and dry for 40 minutes on high heat.

LIVING ROOM

- Remove all pillows from the couches and chairs. Throw them in the dryer on high heat for 40 minutes. If they cannot go through the dryer, either vacuum them with your hose attachment or roll them with a sticky lint roller.
- If your couch is cloth, vacuum it with the hose attachment or roll with a sticky lint roller.
- If your couch is leather, wipe it down with Sani-Wipe.
- Remove any rugs you can and either dry them in the dryer on high heat for 40 minutes, vacuum them, or seal them in a garbage bag for 48 hours.
- Vacuum the floor if carpeted.

KITCHEN

- For chairs with cloth backing, vacuum with a hose attachment or roll with sticky lint roller.
- For chairs with leather backing, wipe down with Sani-Wipes.

BACKPACKS

- If the backpack can go through the dryer, then empty it of its contents and put it in the dryer on high heat for 40 minutes OR place the backpack in a garbage bag for 48 hours.

HELMETS, HEADPHONES, GLASSES

- Place all helmets (e.g. bicycle, sports, etc.), and headphones in a bag and do not use for 48 hours OR wipe down with Sani-Wipes.
- Wipe down the sides of eyeglasses and sunglasses with a Sani-Wipe.