



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

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## Central Valley Health District Household Cleaning Guidelines when Dealing with Head Lice

### Necessary Equipment

- Vacuum cleaner with attachments
  - Hair dryer
  - Washer and dryer
  - Household cleaning products
1. Vacuum all Carpet and furniture
    - Mattresses
    - Car
    - Pillows
    - All upholstered chairs
  2. Discard the vacuum cleaner bag immediately after vacuuming completely. Tape the bag(s) shut and place in an outside garbage container.
  3. Wash all bedding, towels, clothing, caps, and head wear used by the affected person/persons in the past 3 days. Use **HOT WATER** at 140degrees.
  4. Clothing or items that have been laundered should be placed in the dryer for at **least 20 minutes**.
  5. Wash any toys, metal or wood furniture in **HOT SOAPY WATER**.
  6. **ITEMS THAT CANNOT BE LAUNDERED:** such as leathers, stuffed animals, dolls, or some clothing should be **PLACED in a SEALED BAG for 30 days**. Place the bag in the garage or away from the normal living setting.
  7. **Clean all combs, brushes, barrettes, hair clips, etc.**
    - Remove all hair from the items.
    - Use one of the following methods to clean the items
      - Soak in hot water at least 10 minutes.
      - Soak in rubbing alcohol for an hour and then thoroughly wash in hot soapy water.
      - Soak in lice killing shampoo for 1 hour, then wash in hot soapy water.
- NOTE: Heat may melt some plastic personal items**
8. Inform any recent contacts of the affected person/persons, including daycare, school, or others that have been in recent close contact.
  9. Check everyone in the household on a daily basis for at least 1 week and treat if nits/lice are found.
  10. Consider treating any household pets. Check with your veterinarian.
  11. Be Persistent. This is a labor intensive process, but you can do it!!!