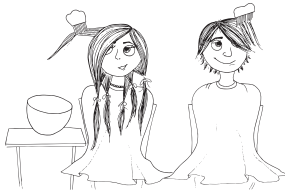


# LOUSE OUT

Every Kid's Self-Help Guide to the 11-Day Process  
of Getting Head Lice Out of Their Hair!

## Louse Out Take Action Step by Step Guide



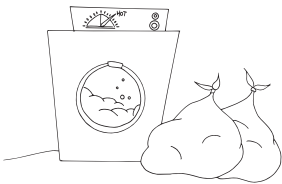
### LOUSE OUT STEP ONE, Day 1

- Separate hair into 2-inch square sections with clips.
- Comb every section of hair with head lice comb, once up, once down, sideways left, then sideways right.
- Strum the comb into a white bowl after each stroke.



### LOUSE OUT STEP TWO, Day 1

- Carefully examine hair in small strips manually removing any remaining nits.
- Thoroughly apply or spray head lice treatment mix into hair.
- Afterward, if hair is long, place in a tight ponytail, braid, or bun. For short hair, comb it out.



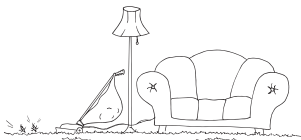
### LOUSE OUT STEP THREE, Day 1

- Wash bedding and most recently worn clothing in hot water and then dry on high heat.
- If items cannot be washed, place them in plastic bags securely tightened for 3 days.
- Remove hair from all brushes, combs, and non-electrical grooming tools used on hair and then submerge them in hot water for 20 minutes.



### LOUSE OUT STEP FOUR, Day 1

- Place all items that hair has been in contact with in plastic bags securely tightened for 3 days.



### LOUSE OUT STEP FIVE, Day 1

- Vacuum all furniture, carpets, and flooring that you had been on for one whole day prior to knowing that you had head lice.



### LOUSE OUT STEP SIX, Day 4

- Four days after first head lice treatment, repeat Louse Out Step One.

### LOUSE OUT STEP SEVEN, Day 4

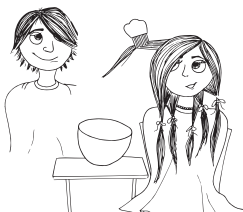
- Repeat Louse Out Step Two after you complete Louse Out Step One.

### LOUSE OUT STEP EIGHT, Day 5 through Day 10

- Rest, relax, and regroup.

### LOUSE OUT STEP NINE, Day 11

- Repeat Louse Out Step One and Step Two EXCEPT for the manual removal aspect.
- If more nits or head lice are discovered on Day 11, you will need to repeat Louse Out Steps One through Nine.
- If you are head lice free, you may now enter Lice Free Park.





## LICE FREE PARK

- Regularly visit the three stations in Lice Free Park to remain in the park AND head lice free.  
(Check-In Charlie's, Polly's Prevention, and Sammy's Screen Shop)

## CHECK-IN CHARLIE'S

- Do not share items of clothing and/or accessories that touch your hair and then may touch someone else's, or vice versa.
- Check-In Charlie's is there to hold onto your articles of clothing and/or accessories until you want to wear them once more.
- Always check your clothing and/or accessories before you choose to wear them again.

## POLLY'S PREVENTION

- Place gel or hairspray in hair to deter head lice.
- Comb hair weekly with head lice comb to pull out any pesky parasites and/or their nits that have possibly arrived without you knowing it.
- Apply a head lice treatment one time per week as a preventative measure.
- Keep hair in a tight ponytail, braid, or bun if it is long enough to do so.
- Keep short hair styled above the ears and the base of the neck.

## SAMMY'S SCREEN SHOP

- Have a friend, loved one, or school nurse gather your hair in small sections, hold it up to a bright light or sunlight, carefully separating the strands to look for evidence of nits or head lice.

**RETURN immediately to Louse Out Step One** if you find any possibility of the presence of head lice.



## O.C.'s Hair Police – 2 Locations to Serve You!

2675 Irvine Ave., Suite 110, Costa Mesa, CA 92627 • 949.631.2675

22343 La Palma Ave., Suite 103, Yorba Linda, CA 92887 • 714.485.2732

[www.hairpoliceliceline.com](http://www.hairpoliceliceline.com) • [lousearrest@hairpoliceliceline.com](mailto:lousearrest@hairpoliceliceline.com)