

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



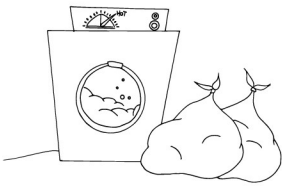
LOUSE OUT STEP ONE, Day 1

- 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.



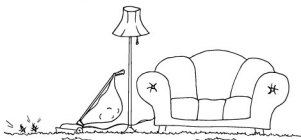
LOUSE OUT STEP THREE, Day 1

- 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.