



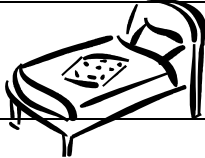








# The Nit-picking Who Does What Work Chart

The Lousy Work		Who is to do it	I did it (✓)
1.	Examine each family member.		
2.	Go to drug store for medicated product.		
3.	 Treat all members of family that are or could be infected.		
4.	Soak combs and brushes in hot water (150°) for 10 minutes or soak in louse shampoo for 1 hour.		
5.	 Comb hair of each person carefully with a fine tooth comb or use tweezers or fingernails to get rid of all nits.		
6.	Take sheets, pillow cases, blankets and bedspreads off beds of all infested persons.		
7.	Wash and dry all bedding at hot settings.		
8.	 Put pillows and non-washable bedding in dryer for 30 minutes or seal in plastic bag for 35 days. (seal up stuffed animals in bags also)		
9.	Vacuum all mattresses or run a hot iron over them-especially around any buttons.		
10.	Make all beds with clean bedding.		
11.	 Carefully vacuum all upholstered furniture, throw pillow and seats in car.		
12.	Carefully vacuum all carpets and empty vacuum bags and wastebaskets.		
13.	Wash all jackets, sweaters, hats and other clothes that have come in contact with infested persons in last three or four days.		
14.	 Take non-washable clothes to the cleaners or use alternative treatments: Hot dryer- 30 minutes; seal in plastic bag -35 days; freezer 48 hours; direct sun light 6-8 hours.		
15.	Fold clean clothes and put them away.		
16.	Notify all people that have recently been in contact with infested persons.		