

# What To Do In Your Home

Good news: Unlike with other pests, Head Lice are NOT an environmental problem. In fact, the clean-up in your home and on your belongings is very minimal.

## The facts:

Head Lice are a human parasite, not a bug. They must have a human 'host' to almost constantly feed on, or they will dehydrate and die very quickly.

Ninety percent of head lice transmission happens through head-to-head contact with someone with an active case. It is relatively rare to catch head lice from an object in your environment.

After your first combout, whether you have used the wet-combing method or a pesticide, ideally you no longer have the adult travellers on your head.

Only nits (eggs) and nymphs (immature lice) remain, and so the risk of transmission is low to non-existent. Nits are cemented to the hair shaft and cannot transfer to another person or object. Nymphs are very tiny and stay close to the scalp to feed.

## In your home:

On the evening of your first combout is when you will do your cleaning. During the follow-up, there is no need to clean again, because the large travellers are long gone.

1) Put your pillowcase and sheets in the dryer for 30 minutes, or wash and dry them as you normally would. You don't need to worry about your actual pillow or duvet, because head lice cannot burrow. They can only stay on top of a surface for a short time with out a hair to hold on to.

2) If there is bedding you would like to treat but cannot wash, simply put it in the dryer for 30 minutes, or set it aside in your home for 48 hours. Any lice will dehydrate and die.

3) If you have fabric headrests in your car, or a fabric sofa, give them a light vacuum or cover them with a sheet or bag for 48 hours.

*No need to freeze or bag! Anything that can't go in the dryer for 30 mins can be set aside for 48 hours.*

## On your belongings:

As with your home, you only need to be concerned with your belongings at the time of your first combout.

1) Recently worn hats, wigs, helmets and hoodies can simply be set aside for 48 hours.

2) Stuffedies that cannot be spared for 48 hours can be put into the dryer for 30 minutes.

3) Styling products such as brushes can be put aside for 48 hours, and towels can be washed and dried in your usual fashion.

As a general rule, it's best not to share hats, towels or brushes with others.

