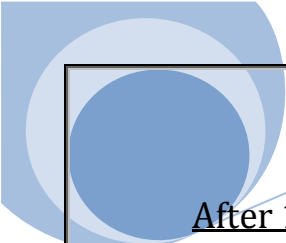


Tips for Cleaning The Lice Environment

Although You Are Treating The Head, Treating The Environment Is Just As Important. Adult Lice Will Live For As Long As 10 Days Off The Head And Travel Looking For "Food." Many People Ask What Do And Where To Start. Hopefully, The Tips Below Will Give A Good Place To Start.

Instructions For Cleaning:

1. Vacuum Everything:
 - A. Every Floor
 - B. Every Couch Including Cushions
 - C. Every Chair Including Seat Cushions
 - D. Every Mattress
 - E. Every Car Seat
2. Bag Up Stuffed Animals In Dark Garbage Bags – If You Need Teddy For The Night, Put In Dryer On Highest Heat For At Least 30 Minutes (This Means Put Dryer On For 60 Minutes And Set Microwave Timer For 30). You Can Put Them Outside In Either Extreme Cold Or Extreme Hot. If Neither Exists, Throw In Basement. Keep Everything Bagged For At Least 3 Weeks.
3. Get Zip In Mattress Covers & Cover Every Mattress With Them.
4. Put Hair Ponytails And Head Bands In Dishwasher & Wash Or Throw Out And Buy New Ones At A Dollar Store. You Can Use A Lingerie Bag To Put Them In And Then Place On The Top Shelf Of The Dishwasher Or Even Wash Them In The Laundry.
5. Put Hairbrushes In Dishwasher & Wash (This Is The Best Way To Sterilize Toothbrushes As Well.)
6. Wash All Bedding On Hot Water Setting.
7. If You Cannot Wash Any Clothes In Hot Water, Put In Dryer For 30 Minutes (See How To Do That With Stuffed Animals) And Then Wash Regularly.
8. Go To The Car Wash & Use The Free Vacuums – This Way Any Lice That Are In The Vehicle Are Left At The Car Wash.
9. If Your Budget Allows, Professional Rug Cleaners Are Encouraged.



Tips for Cleaning The Lice Environment

After 1st Day Of Industrial Clean Do The Following:

1. Vacuum The Floors For The Next 10 Days.
2. If You Cannot Wash The Bedding Every Day Put Bedding In Dryer For 30 Minutes On High. This Includes The Pillows. You Also Just Use A Sleeping Bag & Pillow For 10 Days.
3. Put All Coats, Hats, And Backpacks In Dryer On High For At Least 30 Minutes.
4. Throw Out Vacuum Bag After The First Day And Then Store The Vacuum In the Garage Every Day After For 10 Days.
5. If You Do Not Wish To Vacuum The Furniture Every Day, Vacuum It Thoroughly And Then Cover It In Bed Sheets. Then Take The Sheets Off At Night And Throw Them In The Dryer For At Least 30 Minutes.
6. Put Hair Up In A Bun So It Does Not Hang Past Collars.
7. When You Go To The Hair Dresser's, Bring A Bag Of Your Own Brushes And Then Take Them Home And Dishwash Them. Most Hairdressers Have No Problems With Their Clients Doing This.
8. Dogs, Cats, Hamsters, Etc. Cannot Get Lice.
9. Stay Out Of Any Establishment That May Have A Ball Pit (gyms, Chuck E. Cheese's, etc).
10. Try Not To Rub Heads With Anyone (I.E. Hugging Not Encouraged).