

# LICE IN YOUR HOME: WHAT YOU NEED TO KNOW

LiceClinicsBellevue.com/Schools

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## HEAD LICE! IN YOUR HOME!

Before you run for cleaning products, here are some things you need to know. Head lice infestations almost always occur through direct head-to-head contact, but there is a minuscule chance that you could be exposed from a pillowcase.

WASH AND DRY  
BEDDING



USED IN THE  
PAST 24 HOURS



USE HOT WATER AND  
HIGH HEAT SETTING



## IT'S NOTHING TO DREAD, LICE ONLY LOVE YOUR HEAD

You don't have to worry about delousing any other parts of your home. Scientific studies have shown it is **extremely rare** for lice to be on carpets, furniture, brushes or combs. Even if they were, they would be nearly incapable of getting back on a head.

That said, if it gives you more peace of mind, you can always vacuum and/or use a sticky lint roller on sofas, chairs and carpets. You can place combs, hairbrushes and ponytail holders in a plastic baggie and leave them in the freezer overnight. This is not necessary, but it's easy to do if it makes you feel better.

**Head lice do not live** on stuffed toys or your pets. No need to put toys in a bag in the garage for weeks, and you don't need to wrestle your pets into the bathtub. There is no need to use any bug bombs or sprays that claim to kill lice on your pets, or in your home. They are not necessary and many are toxic and ineffective.



SCHOOLS **WITHOUT LICE**

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