**Cleaning and Follow Up**

 First of all, our sincerest hope is that our service has helped you to not feel overwhelmed! Take a breath, you are almost done!

 The most important part of getting rid of lice is receiving an effective Treatment and we have provided that. Now you just need to do a thorough clean up, along with a few other tips to help stay clear going forward!

 Suggested Cleaning:

 **All Bedding** – Washed and Dried

 (This includes Pillows, Throws, Sheets, Blankets, etc.)

 **Clothing** – Washed and Dried

 (This includes any worn clothes, jackets, coats, hats, helmets, uniforms, scarves, towels,

 and any clothes that have been exposed)

 **Hair Tools/Supplies** – Boiled for 30 minutes/ Frozen for 12 hours

 (Hair brushes, Combs, Hair Accessories)

 **Hard surfaces (bathroom counter tops) and drawers where hair supplies are kept**- wipe down/disinfect

 **Sofa/Furniture/Carpet**- Vacuum soft surfaces/wipe down leather type materials

 **TIPS**

If you are wondering if you should clean/treat/isolate something specific in your home/environment, it’s a good idea to just do it for peace of mind. After getting rid of lice, it will take a little while before peace of mind is restored. A huge part of regaining sanity is knowing you were thorough.

 You can clean/treat something/anything with at least one of these methods:

 -Dryer – 45 minutes

 -Freezer – 12 hours

 -Isolation – 3 Days

 -Wiping/Cleaning Surfaces

 -Vacuuming

 It’s very important to tell those who you have been around. Family members, teachers, neighbors, clubs, sports groups, dance squads, gymnastics, friends, cheer squads… etc. They want to know when they have been exposed.

 Do NOT feel embarrassed!!! I repeat DO NOT FEEL EMBARRASSED!!!!! Telling those around you is the right thing to do for them and to make sure you don’t get it right back from anyone close to you. The fact is that you were

 also unknowingly exposed but speaking up will create the opportunity to put can end to this cycle in your environment. Secrecy helps lice spread. Everyone will be better off if they know to be watching out for symptoms.

 WEAR YOUR HAIR UP AND LIMIT CLOSE CONTACT AS MUCH AS POSSIBLE AMONG CHILDREN!!! THE TIGHTER THE STYLE THE BETTER! Braids, Buns, and Fist Bumps!!! There are many prevention products on the market but wearing

 your hair up is your best line of defense. If there was a product that definitely worked … no one would have lice, and the creator of that product will likely be extremely wealthy!