

LICE LICE BABY

Did you know?

- You are **twice as likely** to get head lice again within 30 days of initial lice treatment because the lice leave a saliva and urine scent that takes about 30 days to dissipate from the hair
- At any given time, 2% of children at a school will have head lice
- 6 to 12 million people have lice at one time in the United States and many countries don't actively prevent it
- 99% of lice transfer through head-to-head contact: the other 1% is through inanimate objects, such as hairbrushes and hats

How to prevent head lice

- Coach your kids against behaviors that can transfer lice: sharing brushes/ hats/ pillows, head-to-head contact,
- For girls, put hair up in braids or buns every day
- Use lice repellent daily
- Comb out your child's hair once a week using a fine-tooth lice comb (learn how in "Wet head checks" section)
- Start conversations about lice with other parents

Lice prevention products

- Lice repellent spray- repels the adult louse transfer, breaks up glue, repellent products provide an unfavorable environment
- Lice repellent shampoos and conditioners provide additional layers of protection
 - o Lemon based repellent is recommended for both sprays and shampoos because lice are always evolving, so a more uncommon scent will be more effective
- Fine-tooth comb (see "Wet head checks" section)- the comb is the **most important** product to use, the teeth of a good lice treatment comb should be tightly spaced- you shouldn't be able to see through them

Wet head checks

- Have your child shower and check for head lice while their hair is still wet
- Hold wet detangled hair into a ponytail, take a fine-tooth lice comb and run it through the hair strands covering the entire hair line; front hair line, back hair line, behind the ears and the nape of the neck
- Wipe the comb on a plain white paper towel (with no pattern): this will allow you to see what the comb is picking out of the hair and gets it out of the teeth of the comb
- This process can take up to 20 minutes

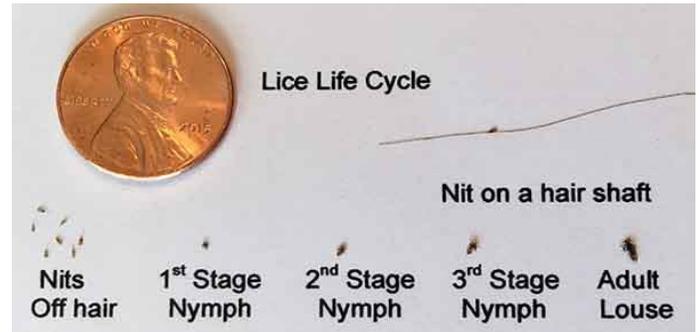
What to look for during a wet head check

- When wiping the comb after running it through each small section of hair, look for small translucent to brownish dots with a teardrop shape: these could be the nits. Also look for adult lice: bugs the size of uncooked grains of rice
- Depending on your child's hair color, the nits will range in color: Lice have gotten very good at camouflaging: people are starting to report lice that are light brown and red colors, not just black
- Make sure that when you do a lice check, the only thing you're wiping off the comb is hair and dandruff



Common signs of head lice

- uncontrollable itching
- red rash near neck area
- scalp damage due to scratching
- sleepiness and fatigue



What to do if you or your child has head lice

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- Stay calm and don't panic: this is NOT the end of the world! Lice can only survive for 24 hours and nits are inviable immediately once they leave the head
- Wash sheets and pillow cases
- Put pillows and stuffed animals in the dryer for 30 minutes
- Freeze brushes and combs for 3 hours
- Check each family member for lice
- Perform **wet head checks** after initial lice detection and use the proper tools: shampoos and sprays (to learn how, see "Comb outs" section below)
- Education is key: inform all social circles you're involved with so other parents know to check their children and themselves



Comb outs

- Brush all of the hair to the back.
- Starting above the right ear, begin combing the hair in a north to south direction (down). Working towards the left ear, comb the entire front hairline. Perform this step twice.
- Hold the hair in one hand, working from ear to ear, comb the back hairline in a south to north direction (up). Perform this step twice.
- Part the hair down the middle like you are making pigtails. Secure one side and comb on the other.
- Starting at the forehead, comb the hair in a north to south direction (down), working towards the nape of the neck. Comb each side twice.
- Repeat this process every other day for one week starting 48 hours after initial detection and removal of the infestation, then once a week for 4 weeks after detection and removal

Misconceptions

- Head lice is not a show of poor hygiene: lice thrive off of clean hair and they are incredibly contagious
- You don't have to throw away all of your child's favorite stuffed animals and burn the sheets and pillows: just wash, freeze, or dry your items according to the information in the "What to do" section

To seek professional Lice Removal Services

- Contact Head Hunters: Lice Removal Specialists at <https://www.headlicesspecialist.com>
- Contact Helping Hands Lice Removal at 888-206-8773

Parents: Please read label ingredients before applying products to your child to ensure there are no components that could cause an allergic reaction.

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