

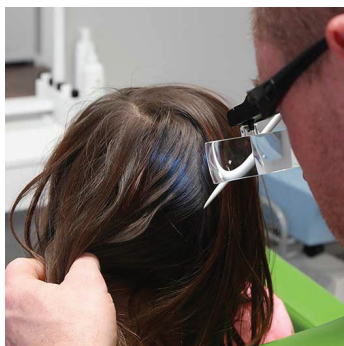
# BACK-TO-SCHOOL

## LICE PREVENTION GUIDE



### GET REGULAR HEAD CHECKS

Each member of the household should be **checked for head lice weekly**. When looking through hair, pay particular attention to areas close to the scalp and behind the ears or at the nape of the neck (these can be hot spots for lice).



Look for eggs (nits), which resemble **grains of sand**, that are cemented to the hair near the scalp. Adult lice are more difficult to spot than nits because, even though they're bigger (**about the size of a sesame seed**), they move quickly through hair.

If you choose to use a professional lice comb (which we have available for purchase), **start at the base of the hair and comb through to the ends**.

You can wipe the comb on a paper towel or dip it in a cup of water to get a closer look at anything that came off the hair.

### AVOID WEARING HAIR DOWN

Wearing hair **pulled back in a bun, ponytail, braid, or up in some way**, reduces the chance of direct contact.

Lice Clinics of America has a prevention spray which contains essential oils that attack a louse's olfactory nerves. The preventive spray will smell pleasant to you and your child, but not to lice.



Since lice move to new hosts primarily through head-to-head contact, they are less likely to move to a head that smells like this "stinky" spray. It's safe to use every day and can also be applied to personal items such as backpacks, hoodies and jackets.

### AVOID HEAD-TO-HEAD CONTACT

**Head lice don't jump or fly. They crawl from one person to another** by direct head-to-head contact. Selfies and crowding around screens provide opportunities for lice to spread.

Another common way **lice are spread is within families**. Lice use opportunities such as hugs and snuggles to crawl over and infest family members.



**Lice Aunties**

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