

# Head Lice Prevention

Once head lice have been detected, it can seem like a race to stop them from spreading through schools and daycares and among friends or siblings. Simple steps can be taken to discourage the spread of head lice, keeping families happy and healthy.

## General Prevention

- Regular head checks by parents or professionals will aid in catching an infestation early on.
- Preventative shampoos, conditioners, or leave-in hair sprays can be used before any social event. These products include ingredients such as tea tree oil, peppermint and rosemary that naturally deter lice.

## At School, Daycare and Play Group

- Avoid head to head contact during play. This includes sports activities, playground activity, and group work.
- Do not share hair brushes or combs, hair clips, ponytail holders, or other hair accessories.
- Discourage children from playing with one another's hair.
- Do not share items that come into contact with the head. This includes hats, scarves, coats and jackets, athletic uniforms, towels and dress-up clothes and masks.
- Do not share sleeping mats, pillows or blankets.

## Overnight Camps and Slumber Parties

- Discourage children from playing with one another's hair.
- Do not share pillows, sleeping bags, or other bed linens.
- Avoid sleeping head-to-head and ensure that hair will not contact another child's hair while sleeping.
- Encourage girls to wear their hair up in ponytails or braids.

## At Home

- Thoroughly comb through your child's wet hair after each shampoo with our terminator comb. Also comb after he/she has attended a sleep over or camp to remove any new lice that may be present.
- After hosting a sleepover, lightly vacuum the carpet and upholstered furniture where children played and slept. Also clean any pillows and bed linens that visiting children may have used.



**Lice Treatment Solutions of Clear Lake**

*Professional Lice Removal and Prevention*

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