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Head Hunters L.R.S. would like to help your family stay lice free!

### **HEAD HUNTERS L.R.S TIPS TO KEEP YOUR CHILD LICE FREE**

- Recognize the symptoms of head lice: look for itching at the scalp, small red bumps or sores on the neck and/or scalp
- Do weekly head checks. Focus on the hot spots-nape of neck, behind the ears, part lines. Using a fine metal lice comb, lightly condition and thoroughly comb the hair to find and remove small nits and live lice
- Head lice are spread primarily through head-to-head contact. The first line of defense is to keep the hair up in buns, braids or ponytails
- Teach your child to never share hats, combs, brushes, hair ties, helmets, pillows, etc.
- Use a lice repellent spray on your children when they are in social settings
- When a lice infestation is found in the house, perform a head check on everyone in the household

### **I WANT TO CLEAN MY ENTIRE HOUSE**

When a child has head lice infestation, the most common misconception around is that the entire house needs to be turned upside down and inside out. This is wrong! A louse will die once it is off the head for 24-48 hours. A nit is non-viable after it comes off the hair shaft. Focus on the head, not the house. Cleaning only needs to be done once!

#### **THINGS YOU NEED TO DO**

1. Wash the sheets and pillow cases
2. Put the comforter, pillow and stuffed animals (that are slept with) in the dryer for 30 minutes
3. Put hairbrushes, combs and hair accessories in a Ziploc bag and place in the freezer for 3 hours

#### **THINGS THAT WILL HELP YOU FEEL BETTER**

1. Vacuum the floors and sofa
2. Put jackets and book bags in the dryer for 30 minutes

### **BE PROACTIVE INSTEAD OF INACTIVE**

It is important to be proactive when a case of lice hits your family. Inform the school that your child has had head lice along with any close friends your child has had contact with. A child is twice as likely to get a new lice infestation within the first 30 days of getting rid of lice. Lice leave a scent in the hair that says "here is a good host." You do not want your child to get lice again. Regular head checks are the best way to detect an early case of head lice. Education is key in the prevention and elimination of lice! If you ever need any advice on lice, Head Hunters is just a phone call away

For Questions or More Information on Products Call 770-702-8980 or Go to [www.naturalliceproducts.com](http://www.naturalliceproducts.com)

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