



***Ways to help prevent a lice outbreak or reoccurrence in your family:***

- Once a week, take a peek! Every week, make sure you are checking your child's hair for lice and nits (eggs). A recent infestation will show eggs on hair strands very near to the scalp (within 1/4 inch of the scalp). Eggs found over an inch from the scalp are likely empty and were from a previous lice outbreak. (Not all kids will itch a lot when they have lice so an infestation may get missed.)
- Comb, comb, comb!! We cannot stress this enough- manual removal is the best way to get rid of lice!
- The single best way to break the life cycle of the lice is to comb out ALL of the eggs as you are treating the hair, and repeat the treatment in 7-9 days.
- Put girls' hair up in ponytails while at school.
- Follow the product instructions exactly when treating the hair