

Head Lice

What are you looking for?

Please see
the reverse side
to learn more.



Head lice range in size from about 0.5mm-3mm depending on what stage of the life they are in. They are clear and brown in color.

Head lice lay eggs, called "nits," that are white and/or yellowish color. They blend in with most hair colors and move very quickly. These characteristics sometimes make them hard to find.



Head Lice



Close up of a nit (lice egg)
on a hair shaft.

Where do Lice Come From and What to Avoid?

1. Lice are passed from person to person. It only takes a moment for lice to travel from one person to another. This can happen during a hug, by sharing a bed/pillow and even taking "selfies".
2. **You can get lice by sharing** hats, hairbrushes, ponytail holders, helmets, and scarves.
3. **You do NOT get lice from pets.**
4. **Lice do not discriminate!** Anyone can get lice no matter what age or hair type.
5. **"Clean people" get lice too!** Some people believe that you only get lice if you are "dirty". This is not true at all. Lice love clean hair! They can attach their nits to the hair shaft much easier.

Nits or Not

Sometimes people can mistake dandruff for nits. How can we tell for sure?

- Does it have a tear drop like shape?

If yes ... then it may be a nit.

- Can you blow or gently tap it off the hair shaft?

If yes ... it is NOT a nit.

- Is it stuck to the hair shaft? Do you have to pull it off?

If yes ... then it may be a nit.

STEP 1 KILL THE LICE!	The best way to get rid of lice is to smother them. You can do this by using olive oil or mayonnaise.*
*Some people choose to use chemical treatments on their head to kill the lice. While this is one way to kill the lice it can also be very dangerous, as it can irritate or burn the scalp. Recent studies are showing the lice are now growing resistant to the chemical treatments.	
STEP 2 NIT PICK	<p>This step is the most tedious! But it has to be done. Although you have killed all the live lice crawling around ... they left behind some eggs which usually hatch within 10 days!</p> <ul style="list-style-type: none">• Section off your hair by pulling it up into various pony tails (if you have long hair).• Start at the nape of your neck and work up behind your ears. These are their favorite places to lay eggs.• Take a “nit comb” and run it through each section of your hair to pull out the nits. You can also use your fingers/nails to pull off each nit.• Dispose of your nits into the trash can. The nit needs warmth and nourishment to stay alive ... it will die within a few hours of being plucked off the hair. <p>REPEAT THIS PROCESS EVERY DAY! This will need to be done until you are rid of all the lice and nits.</p>
STEP 3 CLEAN!	<ul style="list-style-type: none">• Put all stuffed animals into a trash bag and tie it up. Leave them in the bag for 2 weeks.• Wash and dry all bedding.• Vacuum mattresses, carpet, and upholstered furniture.• Soak hairbrushes in hot water.