

LICE FACTS AND TIPS

This is a collection of information gathered from various online resources. Obviously, we aren't experts, but we've tried our best to give you as much information as possible.

Thank you for helping us stop lice from spreading.

- Do not share hair accessories: rubber bands, headbands, brushes and combs.
- Do not share hats, coats, hoodies, sweatshirts, scarves, etc.
- Children should not hang coats next to each other or in shared cubbies, but rather put them in a backpack or hang on their chairs at their desks. Do not put coats in piles EVER! Did your child's clothing go to Lost and Found? Wash thoroughly after you retrieve any item from Lost and Found.
- Head to head contact is the most common way head lice are passed. Remind your child daily to not hug/hang on their friends. Avoid touching heads when taking selfies.
- Long hair should be kept in braids or ponytails - ideally off the neck.
- Once a week, take-a-peek unless a close friend or classmate has reported lice, then check daily. Lice are most commonly found at the nape of the neck, but, they will go anywhere on the head that has hair (section off areas with ponytails and check every section).
- Lice does not discriminate - it loves clean and dirty hair!
- Only 60% of kids are allergic to lice which is what causes the itching. If you assume your child doesn't have lice because they aren't itching, this might not be the case, you have to check - they say it's easiest to check when their hair is wet. Here are more signs and symptoms: <http://liceknowingyou.com/signs-symptoms.html>
- Pictures of lice and nits (eggs)



Female Louse



Male Louse



Lice and Nit



Viable Nit



Non-Viable Nit

- Treating your child at home? If you miss one nit, it starts all over again. (Many report that the over the counter shampoos don't kill them).
- Lice can smell the head where the lice was for up to 3 months - meaning if they've had it once, chances are good they could easily get it again.
- Lice will NOT go away on their own. It needs to be treated.
- There are many options for treatment:
 1. At home using over the counter chemicals.
 2. Getting a prescription from your pediatrician (sometimes insurance covers this).
 3. Having companies like **The Lice Clinic** coming to your home (to check your family, treat those with lice using natural methods, give tips on cleaning and prevention also guarantee lice free with free checks for the next 5 weeks).
 4. Going to companies like **Lice Knowing You** (getting lice checks, treatment for those with lice using natural methods and guaranteeing with free checks for the next month).
- Lice cannot live off the body for more than 48 hours. When lice is discovered, treat all bedding, clothes, stuffed animals, car seats, furniture, and floors. When applicable vacuum, put items in freezer overnight, wash washable items in washing machine and/or drier for 40 minutes to kill lice.

LOCAL COMPANIES THAT PARENTS HAVE USED FOR LICE HELP:

The Lice Clinic

www.theliceclinic.net

206-457-2397

Mobile Service

Lice Knowing You

liceknowingyou.com

(206) 910-3615

1105 N Allen Place

Seattle, WA 98103

Lice Spies

licespies.com

(425) 712-5423

8923 236th St. SW, Suite C, Edmonds WA 98026