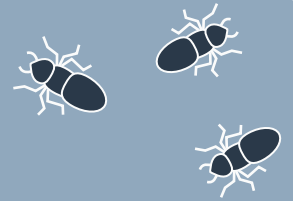




# LOOKOUT LICE!



## A Checklist for Battling Lice at School



Check your child's hair regularly with a lice comb. Once a week after washing and conditioning your child's hair, run the comb front to back, back to front and side to side. Wipe the comb off after coming a small section on a damp paper towel. If there are lice there, you'll see them!

*Tip: It's great to do an extra comb through before and after sleepovers!*

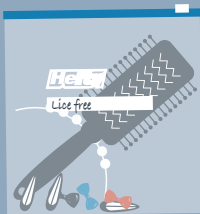


Refrain from washing your child's hair every day. Lice like clean hair. Try washing it every other day. You can also try lice-repellant shampoos and conditioners that can be found at drugstores and supermarkets as an extra level of protection.

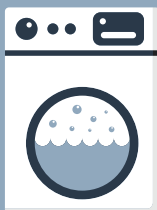


If your kids hang their coats or hats up at school alongside their classmates gear, think about sending an extra large plastic slider bag with them so they can toss their hat or sweatshirt inside. This will keep any wandering lice away from your child's things.

Also try the natural leave-in lice repellent sprays for hair and school gear. These contain natural oils that have been known to deter lice.



As soon as you hear about a lice outbreak (or even 1 or 2 cases) at your school, store your child's brushes and hair accessories in a slider bag in the freezer. Lice won't survive the cold!



Sometimes no matter what you do, lice winds up in your house. When this happens, toss anything you think may have been exposed to lice at home or at school (bedding, sweatshirts, towels) in a hot dryer for 30 minutes.