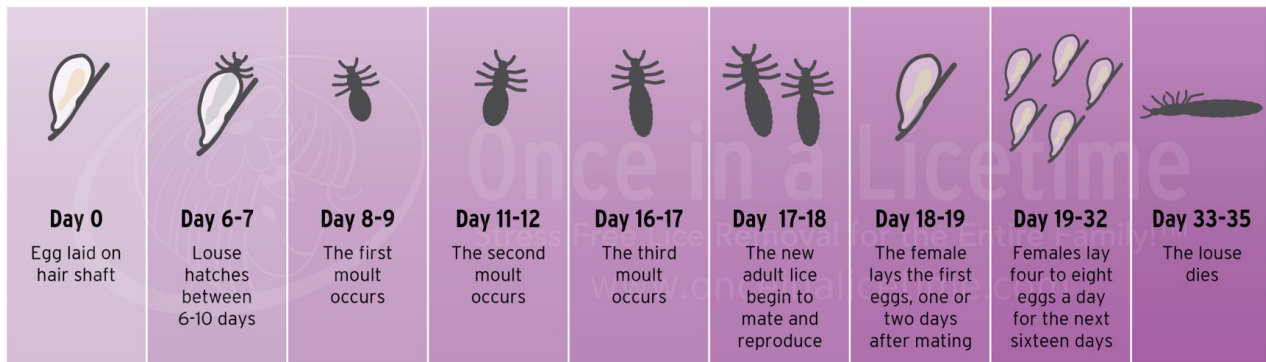
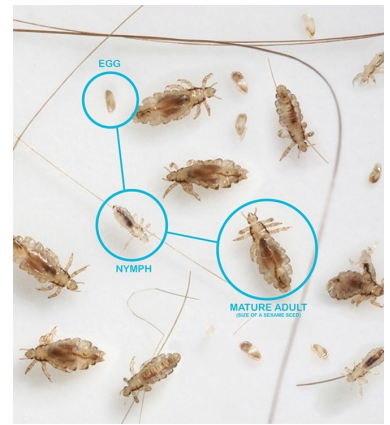


# Facts About Head Lice

- Lice are grey tiny bugs that feed on blood from the scalp.
- Nits are lice eggs.
- They are attached to the head with a glue like substance by the parent lice.
- Lice cannot jump, hop, or fly.
- Lice can only crawl from one head to another head.
- Combs, brushes, hats, and helmets can also help the lice spread.
- Live lice are difficult to find because they move through the hair.
- Nit eggs are usually located in the hair near the ears and the back of the neck, they are very small and can be difficult to detect.



## How To Treat:



1. Treat three times to kill the lifecycle of lice and nits: Day 1, then 7 days later (Day 8) and 7 days later (Day 15).
2. Treat head lice with head lice solution purchased from a chemist.
3. Follow the directions on the packet, some solutions are applied to wet hair, but some solutions are applied to dry hair.
4. Leave the solution in the hair with either a shower cap or cling film covering the hair - check the packet for the time, usually between 10-15 minutes. Rinse hair.
5. Comb rinsed wet hair for 5 minutes with a metal nit comb, scalp to tip repeatedly, to remove nit eggs.
6. Wash hats. Wash bedding. Treat all household members on the same day.

To prevent head lice:

Use an empty, clean, dry spray bottle.

Per 100mls (determine how many mls your bottle is!), add:

- 10 drops Tea Tree Oil
- 10 drops Eucalyptus Oil
- Fill with water and shake
- Spray on hair each morning before school

### Warnings:

*Do not let head lice solution drip in eyes.*

*Do not leave child unsupervised with head lice solution in their hair.*

*Only adults should apply the head lice solution.*

*Store head lice solution out of reach of children.*