

# How to “Quit the Nits”!

Over-the-counter box remedies have been around for a long time such as RID and NIX. If these remedies are not affordable or are unsuccessful you may want to try an alternative treatment such as a home remedy like mayonnaise or olive oil.

Teach children to **NEVER** share hats, combs, pillows, hair decorations or helmets.

Keep long hair up in a braid or ponytail.

Launder clothing and bedding immediately so any lice on the clothing or bedding will not crawl onto just treated heads! Laundry water should be hot! Bag all stuffed animals for 3-5 days. This will suffocate any live lice.

**CAREFULLY FOLLOW ALL DIRECTIONS.**



**Lice Ice** is a gentle hair-gel base that is a plant-derived formula containing natural herbs. It is a powerful, safe, effective product that can be used to prevent and repel reinfestation. Cleaning of your living environment, including your car, will prevent reinfestation also. Children with plant allergies or asthma may be allergic to plant ingredients in Lice Ice and a test for allergy can be done by applying dime-sized amount on inner arm and leave on for 2 hours. Contact your local pharmacy to see if they carry this product!



A second treatment is necessary! **If you don't kill 100% of the nits, the ones missed will hatch and your child will have lice again.**

Most follow-up treatments are recommended every 7-10 days.

Soak combs, brushes and other washable items for 5-10 minutes in a pan of 130 degree hot water.

Vacuum carpet and furniture often, to pick up any live lice or nits that may have fallen or crawled there.

## **Most Importantly,**

you **MUST** sit down with the child and comb through their hair every night,

first with a metal nit-comb followed by **using your thumb and forefinger to slide the nit off the hair shaft**, removing those nits that the comb misses. This is the most important part of the process. Do this every day and for at least 2 weeks after they are nit-free!