

How to Prevent and Avoid Head Lice

1. Encourage your kids to avoid sharing things that have been on or near another child's head, including hairbrushes, combs, hats, scarves, towels, helmets, pillows, sleeping bags, etc.
2. Teach your kids to hang up their coat and hat on an individual hook, or some other separate area, when they get to school, instead of just throwing them in a pile with other classmates' clothing.
3. Regularly clean things that your child's head has direct contact with, such as car seats, pillows, headphones, etc., if you are sharing these items with other children.
4. Review some head lice pictures to help you understand what you are looking for in your child's hair, including live lice and nits (lice eggs).
5. Check your child for nits and live head lice at least once a week, keeping in mind that although you may find head lice anywhere, they are often found at the back of your child's head, near his neck and behind his ears.
6. Recognize the symptoms of head lice, which includes an itchy scalp and small red bumps or sores on the back of your child's neck and scalp. Don't panic, though, if your child must be treated for head lice.

Tips:

1. Be extra vigilant for head lice if there have been frequent reports of head lice at your child's school or in your child's classroom.
2. Review the head lice preventing steps before and after sleepovers, school field trips or when your child goes to camp.
3. Wash your child's hair with a regular shampoo and hair conditioner and then check your child's hair after your rinse and dry it, but while it is still damp. The hair conditioner can make it easier to comb through your child's hair.