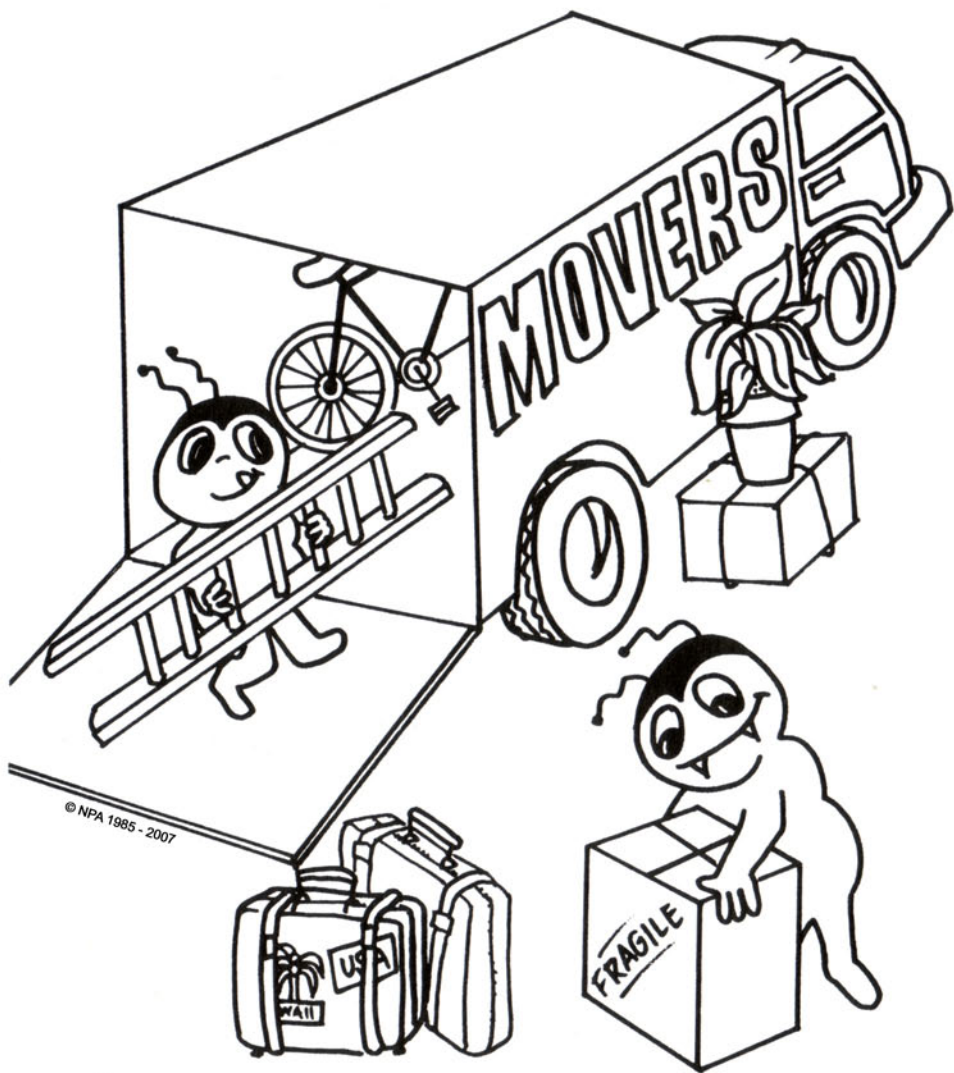




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*A teaching tool for children and their parents from the
National Pediculosis Association.*



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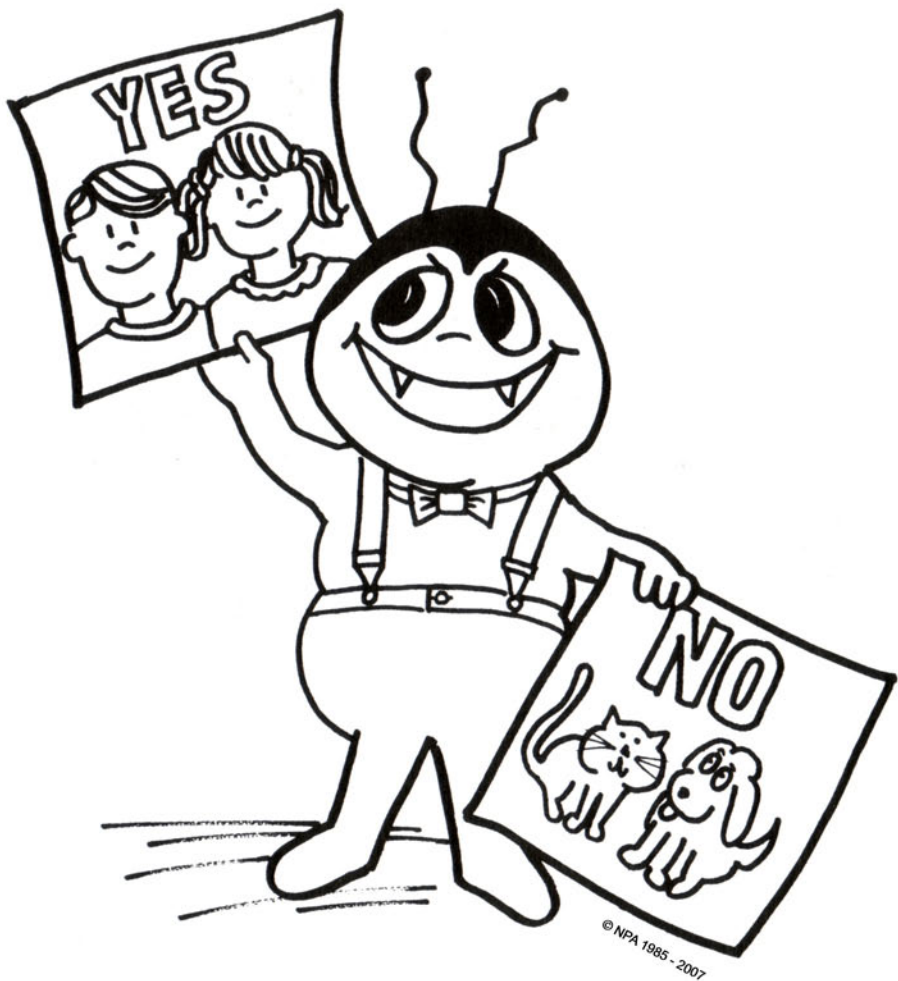
We are head lice. When we move into your hair, we can make you itch and scratch.

We glue our eggs to your hair. They are called NITS and are very, very small.



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We live on people, not on cats or dogs.

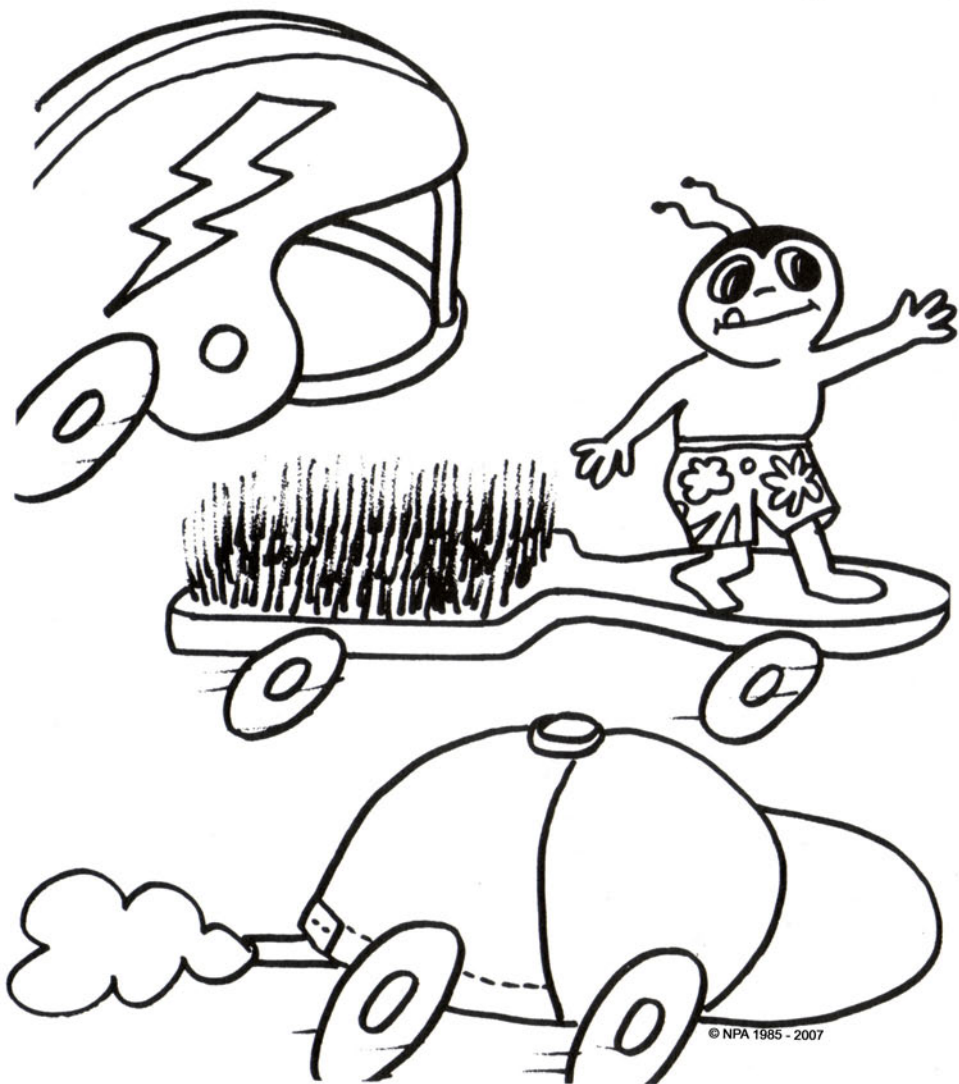




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We have no wings and cannot fly.

We can't jump either, so we look for
a free ride to a new head.





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The best way to keep us off your head
is to have a grown-up check you often.

If we do end up in your hair, an



Take out all of our eggs.



adult should do these things:

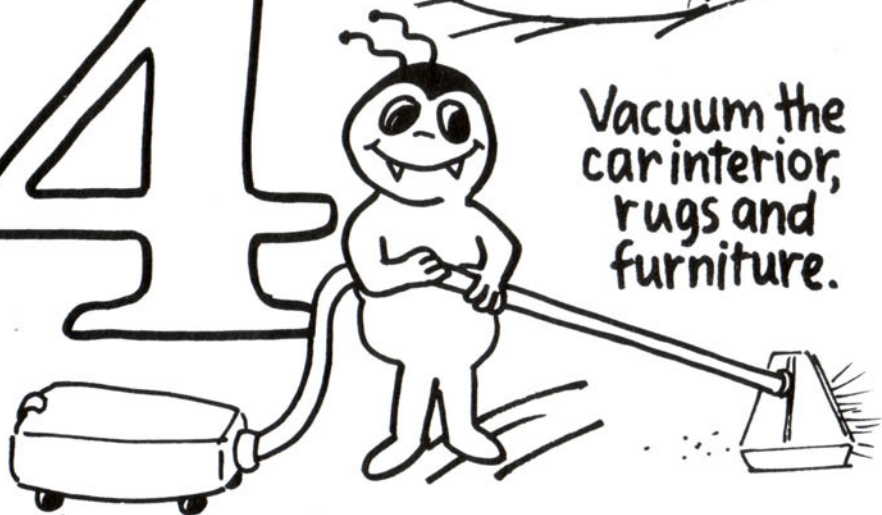
Wash your sheets and clothes with hot water.

3



4

Vacuum the car interior, rugs and furniture.





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You've got us on the run now!



Visit the website
where kids can learn
all about head lice
and have
fun too!



The NPA's Parent Tips for Head Lice & Nit Removal

'Cuz if you don't get 'em out ...you've still got 'em!™



1. Work under a good light, such as the natural sunlight from sitting by a window or going outdoors. A strong lamp can also be used.
2. Use a grooming comb or hairbrush to remove tangles.
3. Divide the hair in sections and fasten off the hair that is not being worked on.
4. Use the **LiceMeister®** comb to detect the presence of lice and nits.
5. Using the comb, go through the section from the scalp to the end of the hair. You can dip the comb into a cup of water or use a paper towel to remove any lice, nits or debris from the comb between passings.
6. Look through that same section of hair for attached nits (lice eggs) and live lice. Nits are always oval-shaped. While usually grayish-white, they can vary in color. Nits are generally laid close to the scalp but can be found anywhere on the hair shaft.
7. Go on to the next section until all have been completed.
8. To clean the **LiceMeister®** comb – use a toothbrush, fingernail brush or unwaxed dental floss. The comb can also be boiled.
9. Even under the best of conditions, a few lice or nits may be missed. Use the LiceMeister® comb to screen the infested person every day and regularly thereafter. Seeing a nit or two the next day does not necessarily mean reinfestation. However, be sure to remove them immediately. Being consistent and diligent about screening and manual removal will go a long way toward controlling the problem.
10. If additional nits (at least 3-5 per day) are discovered, this may signal that live lice may be on the head. Another thorough manual search is recommended at that time. Remember that each day is a new day for the risk of a new infestation. Routine screening is vital for anything that may have been missed and also for identifying a new infestation as early as possible.

The **LiceMeister®** comb enables you to accomplish these important steps at home:

screen safely and regularly	remove lice and nits immediately and effectively
detect lice and nits as early as possible	avoid panic & unnecessary use of chemicals

The National Pediculosis Association®, Inc.

npa@headlice.org 617-905-0176

www.headlice.org