

# The Facts Of Lice...

## Ten Top Nit Tips

- 1 We all call them nits, when really we mean head lice. A 'nit' is actually the empty egg case.
- 2 Head lice live their entire lives in our hair, and can't survive anywhere else.
- 3 Even mature head lice are no bigger than a grain of rice, so they are hard to detect.
- 4 Long or short, clean or dirty, boys' or girls', straight or curly, they don't prefer any one type of hair.
- 5 They move to a new host during even very brief head-to-head contact.
- 6 Head lice feed by sucking blood directly from our scalps.
- 7 Female head lice glue each newly-laid egg to a single hair strand, very close to the scalp.
- 8 If you don't remove those 'live' eggs, you are still infested. Killing head lice is not enough.
- 9 When a head louse hatches, the 'nit' remains glued in place as each hair strand grows out.
- 10 Itching is an allergic reaction to the head louse's feeding, and not everyone suffers from it.

You'll find more information about head lice at [www.nittygritty.co.uk](http://www.nittygritty.co.uk)

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## Current NHS guidelines recommend combing as the preferred method of head lice eradication.

Chemicals can kill head lice, but they leave 'live' eggs in place in the hair to hatch out. The Nitty Gritty NitFree Comb quickly and easily removes head lice, nits and 'live' eggs too. Its unique advanced design works with any ordinary hair conditioner... so no need for any nasty chemicals. That's why over a million families in the UK now rely on the Nitty Gritty Comb to 'beat the bugs'.

Nitty Gritty was started ten years ago by three mums who were going through 'head lice hell' with their own daughters. They bought every potion, lotion and gimmick on the market, none of it worked, and they knew there had to be a better way...

**Any questions? We LOVE talking about head lice, so...**  
Please contact the Nitty Gritty mums – Gill, Amanda and Lillan  
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[www.nittygritty.co.uk](http://www.nittygritty.co.uk)

# HEAD LICE:

## If we all comb together we CAN beat the bugs!



### Do...

- Check every week for live head lice, for tiny grey 'dots' attached to the hair close to the scalp ('live' eggs) and for white dots – hatched egg cases or 'nits' – which remain glued in place on each hair strand as it grows out.
- Use a high-quality comb like the Nitty Gritty NitFree Comb, which is designed to remove not only head lice, but also nits and 'live' eggs too.
- Comb thoroughly when the hair is wet and 'slicked' with hair conditioner; head lice can travel quickly through dry hair away from the area that you are combing.

### Don't...

- Don't be ashamed or worried, or upset or angry. To blame children or grown-ups for having nits is just silly. It's just like blaming trees for having birds in them.
- Don't rely on pesticides, poisons or magic potions. Regular checking and 'wet combing' is the only reliable way to detect and remove a head louse infestation.
- Don't fret about scarves, hats, pillows or swimming pools. Because head lice find new hosts during direct head-to-head contact. They don't lurk, leap, or fly, and they don't carry any diseases.

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