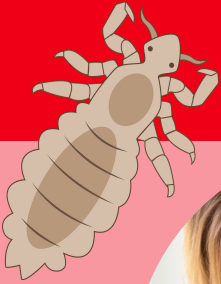


# Head Lice Advice

## Check, Treat, Prevent



### 01

#### CHECK

Check your child weekly for any signs of live head lice or unhatched eggs, it's far easier if you can catch them early before the eggs have hatched and the lice have the opportunity to start breeding and laying more eggs. When doing your weekly check pay particular attention to behind the ears, temples and nape of the neck, this is where lice tend to lay their eggs. If you see your child scratching their scalp (especially behind their ears or nape of the neck) this is definitely the time to do a quick check, even if you have checked recently. But it's important to remember not everyone itches when head lice are present!

#### TREAT

If you find any sign of live head lice, eggs or nits, you now need to treat the problem by doing a thorough combing. Saturate the hair with a head lice treatment or conditioner (combing dry hair is completely ineffective). If the hair is long enough, divide it into 4 sections and go through one section at a time combing from root to tip with our award-winning Nitty Gritty comb, removing any lice or eggs before moving onto the next section. Remove any lice or eggs from the comb teeth after each stroke. It is important to thoroughly check the whole family if any member has head lice. Otherwise, you will just pass them back and forth.

### 02



### 03

#### PREVENT

To minimize your child's chances of catching head lice make sure you tie their hair up every day for school, and for other social activities where you know they will be having close head-to-head contact with other children. If their hair is long we recommend tying the hair into tight plaits or a tight bun. We also highly recommend using a natural repellent such as our Nitty Gritty Conditioning Defence Spray, which you simply spritz onto their hair before school. Head Lice use their sense of smell to detect the presence of a potential new host, so by disguising the host's natural smell head lice will look elsewhere.



# Nitty Gritty



Advice provided by head lice experts Nitty Gritty.  
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