



How to Prevent Head Lice

Tips to prevent and treat head lice in children.

When children play at school and have play dates and sleepovers, the number of cases of head lice rises. That's because head lice, tiny parasitic insects that live on the scalp, are most commonly (over 90% of the time) transferred through head-to-head contact.

What should parents know and do to prevent their child from getting head lice? Here are seven important tips:

- Teach your child to avoid head-to-head contact. No sharing of brushes, combs, hats, hair accessories, scarves or towels.
- Keep your child's hair as close to the head as possible in either a ponytail, braid or bun. Using hairsprays or gels also makes it harder for lice to infest.
- Spray your child's hair daily with all-natural lice repellent. Preventative / repellent products are available at CLR llc, in drug stores, natural food stores or online. These products are designed specifically to repel lice with scents such as mint, rosemary, tea tree and lavender.
- Perform a weekly head check for lice and nits (eggs). (head checks can be either visual check or a more thorough "comb-out" head check using CLR's Enzyme Spray and the Nit Free Terminator lice comb.
- Each child should have their own helmet for sporting activities. Keep an extra helmet on hand for when friends come over to play.
- Don't assume that because your child is not scratching their head, that they do not have head lice — some children don't feel them in their hair at all.
- To stay ahead of a head lice infestation, do a "comb-out" once a week with CLR's enzyme spray and the Nit Free Terminator lice comb. A combing is ALWAYS your best head check!