

Head Lice Information for Families

What Do I Do Now?

Four Easy Steps to a Lice-free Household

1. **Check the whole family for lice and nits.** A close examination of hair and scalp will reveal white or grayish crawling forms, about the size of a sesame seed with six legs (lice), and yellowish-white eggs (nits) attached to hair shafts close to the scalp.
2. **Wash your hands and children's hands and nails thoroughly,** getting under the nails as some lice may be found there due to scratching.
3. **Treat infested family members at the same time.** There are many treatment options; however, it is important to know that the current leading lice treatments contain toxic chemicals. Quit Nits is a safe, natural alternative that has been found to be more effective than most other treatments. Quit Nits is so gentle it can even be used by pregnant and nursing moms.*
4. **Prevent re-infestation.** Ask your child to not share combs, brushes, or hair accessories. In addition, Quit Nits Preventative Spray, the first of its kind, is a spray that prevents head lice infestations and re-infestation.

Photos: top to bottom, courtesy of Wild Child; © Corbis/Veer.

The Wild Child Story



Ten years ago, when my daughter got head lice, I was horrified to learn that the most common head lice treatment contained a toxic agricultural pesticide. I was determined to find a better and safer solution to this all too common problem.

After a period of intensive research, and with assistance from pharmaceutical chemist John Found, I developed Quit Nits, a safe, non-toxic, and scientifically proven head lice treatment made from natural active ingredients from the Australian outback. Today, Quit Nits is a best seller in Australia and Europe. And now, this product is available over-the-counter in the United States at CVS Pharmacies nationwide.

I urge you to try Quit Nits first when treating your child for head lice. Be sure to redeem the manufacturer's rebate on the reverse side of this sheet after you make your purchase.

I welcome your feedback and hope to hear from you. To contact me or to learn more about Quit Nits, please visit our Web site at

Leanne Preston
Wild Child Founder and CEO

www.quitnits.com

Common Myths About Head Lice

Myth	FACT
Head lice are caused by poor hygiene.	The presence of head lice does not indicate a lack of hygiene. A person can have good personal hygiene and still get lice. Head lice are mainly acquired through direct head-to-head contact with a person who is infested, but may occasionally be acquired from contact with clothing (such as hats, scarves, and coats) or other personal items (such as brushes or towels).
Lice can jump or fly from person to person.	Though lice are highly contagious, they cannot jump or fly.
Dogs or other pets can spread head lice.	People cannot catch head lice from pets. Lice are human parasites and require human blood to survive.
Head lice treatments must contain toxic chemicals in order to be effective.	Quit Nits products, made with natural active ingredients originating in the Australian outback, were proven to be more effective than most other treatments. They are safe for use in children and pregnant and nursing mothers.*

*People with a history of allergy to essential oils should consult a physician prior to use.



Eliminate Head Lice Safely, Effectively, and Naturally! Learn more about head lice and Quit Nits® products at quitnits.com.

HEAD LICE (PEDICULOSIS CAPITIS)

DESCRIPTION:	Lice are light gray insects that lay eggs or "nit" in hair, especially at the nape of the neck and about the ears. The life cycle of the head louse has three stages: egg, nymph, and adult
SIGNS AND SYMPTOMS:	Early signs may be itching caused by the bite of the louse (insect) and red bite marks and scratch marks may be observed on the scalp and neck. The presence of nits (eggs) attached to the hair shaft close to the scalp may exist in the absence of itching.
INCUBATION PERIOD:	The incubation period from laying eggs to hatching of the first nymph is 6 to 10 days. Mature adult lice capable of reproducing do not appear until 2 to 3 weeks later.
MODE OF TRANSMISSION:	Lice spread only when they crawl from person to person directly or when they crawl onto shared personal items; i.e., combs brushes, hats, bedding, etc.
PERIOD OF COMMUNICABILITY:	A person is infectious as long as lice or nits remain on their head or clothing.
PREVENTION:	Contact the Department of Comprehensive Health Services for information on prevention (305-995-1235).
IMPLICATIONS FOR SCHOOLS:	Exclude any students with lice or nits until satisfactorily treated and there are NO NITS found in the hair.

Miami-Dade County Health Department – School Health Program

A Guide for the Prevention & Treatment of Head Lice* “Check your child’s homework; check your child’s hair”

Anyone – child or adult – can get head lice. Head lice are passed from person to person by direct contact, or by sharing objects (combs, towels, headphone, hats, etc.). Getting lice has nothing to do with cleanliness and having lice does not reflect poorly on you as a parent. The problem can be easily managed. Just follow the directions below:



1. WHAT TO LOOK FOR...

Head lice are small grayish-tan crawling insects about the size of a sesame seed. Look for tiny eggs (nits) on hair shafts, near the scalp, and especially at the nape of the neck and behind the ears. Any family member with lice or nits must be treated.



2. HEAD LICE TREATMENT...

Several products are available without a prescription; most require a second application 7-10 days after the first. Read and follow the product information carefully. Consult with your physician or pharmacist for more information.



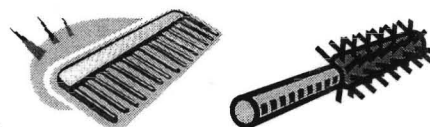
3. HEAD LICE – DEAD LICE

Remove all lice and nits (eggs) using a special nit comb, or your fingernails. Look at the hair outdoors in sunlight (a magnifying glass maybe helpful). Research shows that you must comb and check hair for nits **EVERYDAY UP TO 14 DAYS TO STOP THE LIFE CYCLE OF THE LOUSE**. Miami-Dade County Public Schools has a **no nit** policy. Even if you have treated your child’s head with shampoo, but nits are found in their hair when returning to school, the child will be excluded from school. **REMEMBER:** If your child gets lice over and over, you probably haven’t removed all the eggs. Remaining eggs can hatch and cause a re-infestation. The best treatment is the **COMPLETE** removal of lice and nits.



4. WASH & DRY...

Use hot water and dry on hot cycle for at least 20 minutes. Items that are not washable should be vacuumed (stuffed animals, helmets, headsets, etc.)



5. SOAK ...

Combs, brushes, etc. the hotter the better, but at least 130 degrees F. for at least 10 minutes.



6. VACUUM EVERYWHERE...

To make sure the rest of your home is lice free, you should vacuum carpets, pillows, mattresses, upholstered furniture and even car seats. **Avoid the use of lice sprays.**



7. FACTS & TIPS TO REMEMBER...

Lice prefer to stay in the hair, not the environment.

Lice cannot stay alive in schools or school buses on the weekends, because they cannot live without human contact for more than 48 hours.

Kids might get head lice at sleepovers, while at group or club activities, family gatherings, babysitting, playing sports, watching TV or playing video games together.