

Pointers For Parents

Help With Head Lice

(NAPSA)—There's good news for parents who have concerns about head lice. First, you're not alone. According to the Centers for Disease Control and Prevention (CDC), in the U.S., an estimated 6 to 12 million infestations occur each year among children 3 to 11 years of age.

Head lice are tiny, wingless, parasitic insects that live on human hair and feed on small amounts of blood drawn from the scalp. They are spread by direct contact with the head or hair of someone already infested. People cannot catch head lice from pets.

If you suspect that a family member is infected, there is no need to panic. The first step is to check all members of the family for both lice and eggs. Infestation may cause itching, a tickling sensation, irritability and small sores, but it's important to consider other causes before assuming that head lice are to blame.

Detecting head lice is easy. A close examination of the 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.

Should lice and eggs be found, the next step is to gather up all combs, brushes, linens and clothes and wash them in hot water (greater than 130°F). The CDC suggests that if head lice fall off the scalp and cannot feed, they survive less than one or two days. However, some experts recommend sealing items that cannot be washed or dry-cleaned (such as stuffed animals and hair accessories) in plastic bags for two weeks until the lice and eggs die.



When it comes to protecting your family from lice, safe, effective and natural remedies are available.

When it comes to treating your family, you don't have to resort to harsh chemical solutions: Safe, effective and natural remedies are available.

Scientific studies have found that Quit Nits Advance Lice Treatment can kill head lice and eggs without exposing children and pregnant or nursing mothers to toxic chemicals. Quit Nits products, including an Everyday Preventative Spray, are safe to use as frequently as required. (These statements are based upon traditional homeopathic practice. They have not been reviewed by the Food and Drug Administration.)

For valuable offers, more information about homeopathic Quit Nits and facts on head lice, visit www.QuitNits.us. You can find these products at supercenters, pharmacies, grocery and natural food stores.