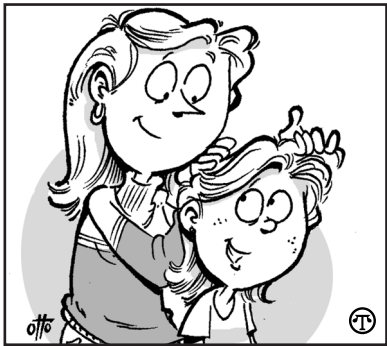


# Parents' Guide

## Do Your Homework On Head Lice

(NAPSA)—Here are tips to help keep head lice from being present at school roll call this year. The CDC reports that most of the 12 million cases occur in preschool- and elementary school-aged children.

Fortunately, parents can control head lice without using over-the-counter treatments that contain chemicals and pesticides. New products such as Lice Good-Bye use all-natural yeast enzymes to dissolve the nit “glue,” so nits wash out easily. Live bugs are stunned and wash down the drain.



**Tell your children never to share hats, combs or pillows.**

### What To Do:

- Check your children every week. Sit under a bright light and comb through each section of the hair. Look for tiny bugs or grayish-colored, rice-sized nits or eggs. They will be glued at an angle to the side of the hair shaft  $\frac{1}{2}$  inch from scalp. Focus on the “hot spots” back of neck, around ears and part lines.
- Tell your children never to share hats, combs or pillows. Keep long hair up in a ponytail or braid.
- Herbs such as rosemary, citronella and tea tree oil have been shown to repel head lice. Products made for children such as Rosemary Repel Hair Care use these organic herbs to help keep bugs away. To learn more, visit [www.fairytaleshairecare.com](http://www.fairytaleshairecare.com) or [www.lice preventionnews.com](http://www.lice preventionnews.com).