

10 Steps to becoming Lice Free

1. Use a proven lice treatment. Be sure to read and follow all directions making sure the product comes in full contact with all the lice.
2. When treating head lice, start at the nape of the neck and behind the ears and work up from there.
3. Follow through with a recommended second treatment within 7 - 10 days.
4. Check for nits (eggs) and use a nit comb to remove them.
5. Wash all bedding and clothing that your child has used in hot water or run through your dryer's hottest setting for at least 30 minutes.
6. Dry clean items that cannot be washed.
7. Soak all hair care items such as combs, brushes and hair clips in hot water for 15 minutes.
8. Place items that cannot be cleaned or placed in the dryer in a tightly sealed plastic bag for 10 - 14 days.
9. Vacuum to get rid of any lice dust or egg shells left behind, including mattresses and furniture.
10. Teach your child not to share personal items such as hats, brushes, coats, etc.

Sponsored by Licefreee! Brand, The Original Non-toxic Head Lice Solution.