

Mercy Parents Share Lice Checking Tips at Home

WHAT YOU WILL NEED TO CHECK FOR LICE:

- * Bright light (sunlight works well)
- * **“Nit Free” Lice comb** ***These come in many brands, including Lice Logic Terminator comb, Head Hunters Lice Comb, Fairy Tales Terminator, Nitty Gritty, Fairy Licemothers Magicwand (Walmart online)
- * Paper towel or white tissue
- * magnifying glass

HOW TO EXAMINE:

- * Separate hair into sections. Beginning at the scalp, slowly comb outward through the hair section by section.
- * Examine each small section,
- * Look for lice in small segments of hair at a time, using the following process:
- * Lift all the hair up with one hand in the area you are checking.
- * Hold a comb (one with a pointed end works even better) in the other hand.
- * Run the comb across the head to segment out a thin line of hair and release it from the hand holding all the other hair.
- * Look for lice crawling on the scalp where you've parted the hair. Lice may also be crawling along the hair shaft.
- * Check near the hair follicle, about 1/4-inch (6 mm) from the scalp, for eggs (called nits). Nits are about the size of a pinhead and are glued onto the hair shaft. They are oval-shaped and translucent in color when first laid, but turn brown as the embryo develops.
- * Continue to segment and search sections of hair until you reach the crown of the head, then move from the nape to over the ears.
- * If you see something suspect (nit or bug) wipe it onto the paper towel or tissue and get a magnifying glass to see it up close and verify.
- * Inspect the lice and/or eggs under a magnifying glass to confirm the child has lice. Adult lice are about 1/8-inch long (3 mm), or about the size of a grain of rice, and immature lice are smaller. Lice are usually grayish-white to tan in color, but they can be darker brown.

- * If you are not sure, contact a professional (Pigtails & Crewcuts or Nitwits can help)
- * Call the school - they can give you the name and number of a parent with hands-on experience to walk you through the process.
- * Contacting your Pediatrician is also an option
- * **DON'T PANIC!!** The calmer you stay the better and easier it will be!