

Mercy Parents Share Everyday Lice Prevention Tips

- Educate your child: Head Lice is common. It can be uncomfortable and frustrating, but it is not life-threatening. Be compassionate to anyone you think has had or may have head lice.
- Teach your child to avoid head to head contact with friends because it is the most common way head lice is passed from person to person.
- Teach your child to also avoid sharing things that touch the head (brushes, hats, hair accessories, helmets, pillows, scarves, even ear buds.)

These scents REPEL LICE:

- **Tea tree** oil, Coconut oil, Eucalyptus oil, Lavender oil, Menthol, **Rosemary, and Peppermint oil**
- Put 10 drops of an essential oil in a water bottle and spritz hair when wet or dry.
- Use hair products (shampoo, conditioner, gel, hairspray) with the above scents. Several over-the-counter shampoos have rosemary and or tea tree in them.
- Tell your girls with long hair to wear hair in a ponytail or braids to avoid lice. Lice will not be able to crawl onto the hair shaft as easily.
- Tell your boys *and* girls to use gel, hairspray, and leave-in conditioner daily. These products make it difficult for the louse to stay on hair shaft if head to head contact occurs. **Auqa Net** is cheap and works great! (available at Dollar General)
- Check you child's hair— especially if you get a notice from school that someone in his or her grade has lice. (see Guidelines for checking lice at home)
- Examine siblings also. The easiest places to spot lice are the base of the hair around and behind the ears and across the back of the neck.
- Nits are much easier to see in dry hair.