

## Head Lice 101

### Transmission

- Lice do not hop, swim or jump; they can only crawl
- Pets do not play a role in the transmission of lice
- Without a human host a louse can not survive 48 hours
- In most cases, transmission occurs by direct contact. Indirect spread through combs, brushes, hats, helmets is much less likely to occur.
- To control 1) reduce the number of lice on the head and 2) lessen the risks of head-to-head contact

### Prevention

- Check your child's hair weekly. Long hair should be kept up in a ponytail bun/braid during school/after school activities
- Use preventative products: the best is to use a leave-in conditioner that can also be sprayed on backpacks, jackets, etc.
- If you are positive inform friends/family around you and ask them to do the same.
- After sleepover or overnight stay comb through your child's hair with nit comb and conditioner
- Have your school/camp set up routine school lice screening service to prevent it from spreading

### Home Cleaning

- Wash all bedding in hot water and dry on the hottest setting for 30 mins
- Vacuum all surfaces. Carpets, flooring, couches, car seats etc.
- Stuffed animals and blankets can be washed and dried on high heat or placed in sealed bag for 3 to 7 days.
- Dry recently worn clothing such as hats, jackets and tops on hottest setting or place in sealed bag for 48 hours.
- Combs and brushes should be replaced or soaked in hot water (very hot/). Hair ties, headbands, etc. should also be washed or bagged for 48 hours

### Treatment Options

- There are many over-the-counter brands (OTC). They are not 100% effective
  - Rid, Triple X or Nix, Fairy Tales etc. (follow the guidelines on the packaging)
- Natural Oils: tea tree, rosemary, lavender, cinnamon leaf, read thyme etc. Without thorough combing natural oils do not get rid off lice
- DIY: combing out hair at home with conditioner.
- Professional Service

## Our Services

- **School Screening**
  - Routine lice screening 3, 4 times a year to identify positive cases (September, January, April and during camp/summer school)
  - Check all staff and children,
  - Provide in-home treatment for families if/when they want it.
  - We work closely with PTA and come up with a reasonable estimate for school screening service
  - If we are partnered to do routine school screening with your school you get 10% discount for in-home treatment service fee and all lice products at Edamama Cute Cuts & More
- **In-home Professional Treatment Service**
  - Our product is 100% pesticide free,
  - Natural
  - Hypoallergenic
  - Clinically tested
  - We check everyone in the household for free at the comfort of your home. Our technicians will treat positive cases with our professional product and provide basic literature about prevention, what to do etc. We come back for recheck in 2-3 days to make sure everyone is still clear of lice. We leave products and nit comb(s) for you to use for a week after the initial treatment. Recheck visit and all products are included in our fee. Please call to learn more and schedule your treatment.

## Life Cycle Of Head Lice

- The head louse is **2 to 3 mm long** (the size of a sesame seed)
- The eggs typically hatch in 8 to 9 days.
- A nymph becomes an adult in the next 7 to 9 days
- Adult louse lives up to approx. **30 days** and can **lay up to 10+ eggs per day**.
- If not treated, **the cycle repeats itself approx. every 3 weeks**.
- Eggs are firmly attached to the base of the hair -within approximately 4 mm of the scalp with a gluelike substance produced by the louse
- Eggs camouflage with pigment to match the hair color
- Empty egg casings are white against darker hair

**Edamama Cute Cuts & More** is a local hair salon, bookstore, toy store and community space for creative classes. We also run fantastic birthday parties.

We are ready to help! Call us at (917) 593 4647 or (718) 388 3663

All Our Best,  
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