

Simple Directions for Elininating Lice and Nits From Your Family's Hair

All you need: ordinary shampoo, condition, a nit comb and a shower cap. (Supplied in an easy take home kit from school)

Directions:

1. Wash your hair with your usual shampoo.
2. Use lots of conditioner (**DO NOT RINSE OUT**)
3. Use a comb or brush to untangle the hair.
4. Leave the conditioner in the hair and start separating small areas with a comb or pick. Run the nit comb through the small areas from the root of the hair down. Wipe the nit comb off on a towel.
5. After the whole head has been well combed through, rinse conditioner off.
6. Reapply conditioner and place shower cap on for an hour. Child might enjoy watching a movie or coloring.
7. Repeat steps 4 & 5.
8. Let hair semi dry and begin to eliminate the big problem - THE NITS. This is done by removing each nit between your finger nails and pulling it out of the hair. Without nits you will become lice free.
9. Finish by repeating steps on each family member.

REPEAT steps 1-9 every three days for a week; continue checking daily for two weeks.