

PREVENTING REINFESTATION

After removing nits, change clothing and bed linen. Machine-wash hats, scarves, and bed linen at 140 degrees and dry them at high heat for at least 20 minutes. Dry-clean clothing that is not machine-washable. Soak combs and brushes for 30 minutes in alcohol or boil them. You may also store items in plastic bags for 10 days. Vacuum furniture and lounge areas used by the infested person.

Check the heads of family members daily for evidence of lice for at least 10 days. Discourage the sharing of combs, brushes, hats, and other head gear. Discourage small children from hugging or engaging in other activities in which their heads or hair comes into direct contact.

Encourage daily brushing and combing of hair. Lice do not like disturbances and will grip surrounding hairs with all six legs to avoid being removed. If a comb or brush damages the louse it will die. Combing and brushing the hair can be a good preventive measure.

Hair should be braided or put in a bun for at least the first week or until infestation is under control.

Let everyone who has come in close contact with the infected person know about the situation. These people should be checked for head lice, too. The greatest friends head lice have are people who fear the social stigma and treat their head lice secretly.

Testimonials

Thank you so much for all of your help! We were a total mess before you came. My daughter loves you! We've had no lice problems since! I will continue to pass your name on to any Mom I know with lice!!
God Bless
Terri
West Hills

Totally professional, and thorough we will always use your services if we have this problem again.
Alan
Westlake Village



Feel free to phone us with any questions you may have.
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WHAT ARE HEAD LICE?

Head lice are small, flat insects; the adults are about 1/8 inch in length. They have no wings, and they do not fly or jump. Their color varies from a dirty white to grayish black. Head lice have sucking mouthparts and suck blood. They live on the head and spend their entire life cycle in the hair. They have six legs and relatively large claws for grasping and holding on to human hair. They crawl through the hair.

How does a person get head lice and how are they spread?

Most commonly head lice are spread from an infected person to an uninfected person by direct contact with the hair, as when children hug and play. They are also spread by sharing personal items such as brushes, combs, towels, hats, caps, and head gear. Sharing lockers and coat racks at school has been associated with the spread of head lice.

How do head lice live, and how fast do they multiply?

The adult female head louse lays her eggs (nits) at the base of the hair near the scalp. The eggs hatch in about 7 to 10 days. The newly hatched louse (nymph) will suck blood for food and shed its skin (molt) three times as it develops into an adult over a 10-day period. The young lice and adults live their entire lives on the head, feeding on blood. The entire life cycle takes about 3 weeks.

Head lice are completely dependent on human heads for warmth and food. They need about five blood meals each day and lay six to eight eggs a day. The eggs are glued to the hair shaft very close to the scalp. Head lice live only about 30 to 40 days.

They die in 1 or 2 days when removed from the head, and eggs die soon after being removed from the warm scalp. Head lice do not wander about rugs, furniture, or school buses seeking a host.

Do only certain types of people get head lice?

There are no social or economic barriers to the head louse. Lice do not pick or choose clean or dirty heads. They are more commonly found on children 3 to 12 years old and become progressively less common as children grow older. However, they readily live on adults and people of any age if given the opportunity. Close contact during play and a lack of awareness as to why their heads itch makes young children more susceptible to head lice.

When checking for head lice, what do you look for?

Living adults and nymphs are signs of an active infestation. Both can move quickly and shy away from light, making them difficult to see. The eggs are easier to see than the adults. Eggs are most commonly found at the back of the neck, behind the ears, and at the crown of the head. When eggs are first deposited, they are glued to the hair shaft near the scalp.

As the hair grows however the attached egg is moved farther and farther from the scalp, providing a general indication of the length of time since the original infestation occurred.

Itching and skin irritation at feeding sites are associated with head lice. In children, head lice may cause inattention in school and loss of sleep because of the itching. Skin irritation may take several weeks to develop, so newly infested people may not be aware that they have head lice. Dark fecal spots on pillow cases and on light colored collars can indicate the presence of head lice. If these dark spots are found, check the head to confirm the presence of lice.

Sometimes debris or hair oil can be mistaken for lice eggs. Since the egg is firmly glued to the hair shaft, any debris or spot that moves easily up and down the hair is not an egg.

Should eggs (nits) be removed?

Nits can be removed with a special lice comb; they can also be removed with fingernails. Nit combing is easier when the hair is damp. Some nit combs have teeth too far apart to be very effective. Lice Nannie uses a very fine "stainless steel comb" especially made to remove nits and lice.

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