

# CLEAN UP!

Lice live on heads **not in the house** but cleaning up strays is still important.

- Vacuum your house and furniture.
- Wash your bedsheets on hot and tumble dry.
- Any clothing that cannot be washed, especially hats, scarves, hoodies, coats - put them in the dryer for 30 minutes if you can or use a steamer.
- Anything that cannot be washed or dried - vacuum and bag it up for around a week.



Don't stress too much about your cleaning - making sure all close contacts are headlice-free is much more important.

## WHERE DID THIS LOUSE COME FROM?



If you find adult lice or large nymphs right after your initial treatment, chances are that they are travellers from someone else!

Make sure all your close contacts get their heads checked and treated at the same time.

## LICE PRODUCTS



### Do I need special products?

All you really need is a quality nit removal comb to ensure complete removal. That is why your service includes a FREE comb. Liz believes that you should be equipped to complete your treatment without extra surcharges.



### Why do you use and sell products?

You can just use household conditioner to comb out head lice, Liz uses products because it makes it easier and quicker, making services more effective and affordable. Liz sells products because it is difficult to purchase anything similar in St John's and shipping take so long you can miss the key life cycle disruption times.



### What if I still find lice after treatment?

When you enlist Liz's services, you're not just getting rid of lice - you're gaining a partner committed to your family's well-being. If you are having any concerns just send a text or give her a call and Liz will be there to troubleshoot with you and make sure we get you lice free.

**KEEP IN TOUCH!**

709 705 LICE (5423)  
helpme@lizthelice lady.ca

**WWW.LIZTHELICE LADY.CA**

What to do once Liz has evicted those lice!

# FOLLOW UP



**LIZ THE LICE LADY**

LIZ IN - LICE OUT

# COMBING TIPS

**Stay Detangled:** Keep the hair damp and well-conditioned. Use a wide-tooth comb to detangle before using the lice comb. Curly or coily hair needs lots of moisture, conditioner, small sections, and patience. You may need more help.

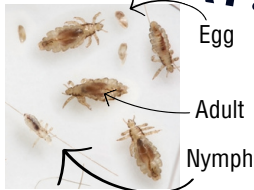
**Reach The Scalp:** Follow the scalp with the comb to dislodge any newly hatched nymphs or adult travellers, then pull through all the way to the end of the hair, removing eggs along the way.

**Every Hair Every Where:** Comb from each direction, concentrate on the hot spots - behind the ears, nape of the neck, and the hairline. For short hair, comb along the scalp in all four directions: front to back, back to front, left to right, and right to left. For long hair, take small sections of the hair and comb from each direction.

**Keep it Clean:** Wipe the comb on paper towel to remove any lice or eggs you catch. Sterilize combs before you use them on the next head.

## WHAT AM I LOOKING AT?

Using a light coloured conditioner allows you to see what you have in the head. After you comb an area wipe the conditioner that comes out on a paper towel and look through it.



# WHY DO I NEED FOLLOW UP?



Once Liz has been to call, let's make sure they stay out once and for all.

Today Liz removed all live lice and you are safe to spend time with others without any spread. Any freshly laid eggs or newborn nymphs today are microscopic. Too tiny to be removed with the comb until they grow a little more.

BUT no more eggs will be laid because there are no adults - we just need to work together to remove the last stragglers in the next 11 days. This should be an easy process but Liz is always available for more support along the way - don't be afraid to get in touch.

## START HERE

For your follow up journey.

### WET COMB THROUGH

Every other day, comb through the hair, focusing on the hot spots. Make sure you use plenty of white conditioner, keep the hair wet, and detangle with a comb first.



### TOOLS

**Required:** Quality metal lice comb, white/light-coloured conditioner, spray bottle, and paper towels.  
**For longer hair:** sectioning clips, wide comb.  
**Optional:** recommended removal product.

### CLEANING COMBS

Use a toothbrush and dish soap to scrub and dental floss to clear debris. Tap the brush on the side of the sink to dislodge eggs trapped. Steam, pour boiling water over, or put in the top rack of the dishwasher to sterilise.

### KEEP THEM OUT!

Don't share brushes, hats or helmets.

Long hair stays up.

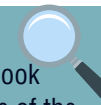
Hairspray or gel.

Repellants with essential oils.

| Day 1  | Day 2 | Day 3  | Day 4  | Day 5  | Day 6  | Day 7  |
|--------|-------|--------|--------|--------|--------|--------|
| Today! |       |        |        |        |        |        |
| Day 8  | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
|        |       |        |        |        |        |        |

### CHECK ONCE A WEEK

Prevention starts right away. Take a look at the hotspots: behind the ears, nape of the neck, and the hairline. Comb those areas with conditioner and if you find anything do a full wet comb through to see what you have and hopefully nip it in the bud.



### DEEP TREATMENT

Day 5 and day 11 are key days to ensure any eggs missed are removed when they hatch. Follow up on the instructions for your particular treatment choice or call Liz back in to help.

