



minnesota
Lice Lady

Oldest and Largest: Since 2010

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Lice Prevention & Detection Guide for Parents & Daycares

From Minnesota Lice Lady – Your Partners in Peace of Mind

What Are Head Lice?

Head lice are tiny bugs (about the size of a sesame seed) that live on the scalp and feed on small amounts of blood. They're a nuisance, but they do not spread disease. With the right steps, lice can be handled quickly and effectively.

Prevention Tips

- Avoid head-to-head contact – Lice spread mainly through hair touching hair. Teach kids to keep some “personal space” during playtime.
 - Keep hair up – Braids or buns make it harder for lice to grab on.
 - Use preventative sprays/detanglers – Lightly misting hair with a leave-in conditioner or repellent spray can make it harder for lice to attach.
 - Regular checks – The best prevention is early detection. A quick comb-through once a week can stop a small case from turning into a big one.
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How to Check for Lice

1. Sit in good light – Natural daylight is best.
2. Dampen hair – Slightly wet hair makes it easier to comb through.
3. Use a fine-tooth lice comb – Start at the scalp and pull all the way through. Wipe the comb on a white paper towel after each pass.
4. Look for:
 - Lice: Small, moving bugs, tan to grayish-white.
 - Nits (eggs): Tiny oval dots stuck firmly to the hair shaft, usually near the scalp. They won't flick off like dandruff.

Tip: If you're not sure whether it's dandruff or lice, try to move it with your fingers. Nits won't budge.

What If Lice Are Found?

- Don't panic — lice are common, especially in children.
 - Notify your daycare or school so other families can check too.
 - Begin treatment promptly (professional removal or at-home with a quality lice comb and products).
 - Re-check all household members.
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Quick Facts to Remember

- Lice do not jump or fly. They only crawl.
- Having lice does not mean poor hygiene — they actually prefer clean hair.
- The earlier they are detected, the easier they are to remove.

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 **Need Help?**

Minnesota Lice Lady is here for you with professional lice removal, products, and peace of mind.

Phone: (612) 564-0678

Website: www.minnesotalicelady.com

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