

Special Report Reveals...

Why You Keep Getting Head Lice

**Discover why lice are coming back and what you can do
to avoid re-infestations**



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Introduction

In this short report you'll discover why you keep getting lice again and again. And many times, it is not what you think. Lice may be coming back for a variety of reasons.

Here are the 6 main reasons why lice are coming back.

#1 – People who apply an OTC treatment do not follow the instructions EXACTLY.

When you choose to treat lice with an OTC product, you MUST carefully follow the directions on the head lice treatment package.

Not following the directions properly is the main reason why treatments do not work and why lice won't go away.

What you should do is pay special attention to instructions on the product bottle, such as:

- whether you should use the product on someone who has previously been treated with it
- how to thoroughly work the product into the hair,
- how much product you should apply (if your child has long hair (longer than shoulder length), you may need to use a second bottle),
- how long the product should be left on,
- whether rinsing the hair is recommended after treatment.

You should read and carefully follow all directions. If you are confused, most OTC treatment manufacturers have a consumer line and are able to help you. You can usually find the phone number on the product package.

#2 – People don't know that lice treatments are never 100% effective.

Maybe because of advertising or popular beliefs, most people are convinced that most head lice treatments work 100%. The vast majority of people think that applying a lice shampoo or a home remedy will undoubtedly kill all live lice.

And they believe that lice are gone just after the treatment, and if they see lice or nits a few days later, they think that they have lice again. The truth is that lice were still there even after the treatment; it's not that they came back; it's that they didn't go away at all.

So, remember that no treatment is completely effective at getting rid of head lice.

Research suggests that chemical treatments such as pesticide shampoos and lotions are ineffective, dangerous, and that they lead to a resistance of lice.

Home remedies are said to be messy and not easy to use, while head shaving is really distressing for a child, and should be avoided whenever possible.

Head lice treatment options would actually be a personal choice in most cases, and different degrees of effectiveness are reported, with ALL treatments having some degree of failure.

This is why you should never expect a treatment to be 100% effective. You will always need to pick some remaining lice manually or with a comb, and you will also need to repeat treatment if necessary.

Reference of Research: Monsen K. A. and Olson Keller L. (2002) A population-based approach to pediculosis management. Public Health Nursing 19, (3) 201-208.

#3 – People don't take the time to carefully comb out nits after treatment.

Many people have been told or think that the lice treatment alone will do the trick. And they just apply the product, wait for a couple of days, and of course, as lice are still there, they believe that they are back.

Other people do know that they need to comb nits out; however, they still do not take the time to comb ALL nits out.

Combing all live nits out is crucial to avoid re-infestation. If there are even a few nits left, they will hatch, and if one of the newly hatched lice is a female and the other one a male, the female, once an adult, will lay eggs, and the child will be infested again.

#4 – People don't repeat the treatment 7-10 days after the first one.

Most of the time, whether you are applying an OTC treatment or a home remedy, a second treatment is necessary 7 to 10 days after the first treatment.

Why? Because if you have left some live nits after combing out, they will most probably hatch within 10 days and your child will have lice again. Even if there are only a couple of live nits left, re-infestation can occur within one month.

This is why most OTC products (but it is also true if you use home remedies) recommend a second treatment anywhere from 7 to 10 days after the first treatment.

The combing of nits should then also be repeated until there are no more nits left.

#5 – People do not properly treat their shared items and their home.

Lice cannot live very long away from a human host, but they can remain on fallen hair and if your child's head gets into contact with this fallen hair, he may get lice again. This is why it is important to treat your home. Here are the steps you should take.

1. First, you should wash clothing, bedding and towels just before you treat your child. If hair is on the clothes or on the bed and lice are on the hair, this will prevent lice from crawling back on a treated child's head. Washing should be done in hot water (130 degrees Fahrenheit), and dry cleaning is also a good option if clothes can't be washed.
2. Then, stuffed animals and toys, pillows, blankets, or clothing, can be sealed in closed plastic bags for 2 weeks (adult lice die within 2 days but nits can live up to 10 days). You can also freeze some items overnight, as lice will be killed if frozen.
3. Soak combs, brushes and some other washable shared items for 10 minutes in a pan of 130 degree hot water.
4. You should then vacuum or sweep carpets, mattresses, overstuffed furniture, curtains and car seats to pick up any fallen hair with live lice or nits on them.

5. A word about sprays: you do not need to have your home sprayed for lice. This is unnecessary and sprays may contain products that can be toxic for your health. Moreover, they can also contribute to the resistance of lice to chemical products. Simple cleaning and vacuuming is all you need to get rid of lice in your home.

#6 – Children who have been treated and who are lice free can get lice again from other kids.

If you have done everything right, and you see that your child has no more nits in the hair, and yet a couple of weeks later he is infested again, then most probably he has been infested by another child. This can be a relative, a friend, a schoolmate, another child at the sports club, etc.

You should be aware that your kids will be exposed to head lice repeatedly from other children.

There are children who have not been treated yet, there are children who have lice all the time because some parents don't even bother to treat their kids, and generally speaking, there are many occasions to have head-to-head contacts when you are a school-aged kid. This makes re-infestation almost inevitable, and unfortunately, it is very common for kids to get lice several times during the same school year.

Of course, you can not prevent re-infestation 100%, but there are some measures you can take to avoid it, and the first one is to teach family members some basics about how lice are spread.

- Teach your kids that lice are spread by direct head-to-head contact between a person that has lice and one that is not infested.
- Tell your children not to share personal items with other kids or family members. These include combs, brushes, hats, helmets, coats, jackets, scarves, ribbons, barrettes, and towels.

Conclusion

Thank you for taking the time to read this report, and we hope you've found it useful.

Once you see that your child is lice free, remember to check your child's hair from time to time for lice. This is especially true if you know of a current breakout at school or if you know of another child at school or elsewhere who is infested.

A lice infestation doesn't happen overnight, and at the beginning, a child will only get a couple or more live lice. If you can deal with the problem very early, you can even hand pick lice and nits and you'll not have to do any treatment. If you find an early infestation (lice and eggs), you will also stand better chances to get rid of it easily and you'll save time and money.

You'll learn more about head lice treatment options and prevention measures on <http://HeadLiceCenter.com>.

