

Nit (Egg) Removal

Nits are lice eggs. Nits are oval-shaped, and usually greyish-white, but they can be any color. Nits are usually laid close to the scalp but can be found anywhere on the hair shaft.

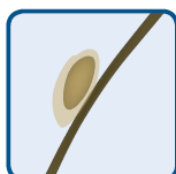
Not all head lice treatments will kill or remove nits. Remove ALL nits to prevent lice from continuing to be a problem. If the nits are not removed completely, new live lice may hatch.

Tips:

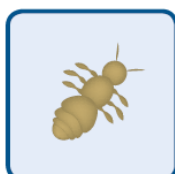
- ✓ Work under good lighting and use a magnifying glass if available.
- ✓ Remove tangles in hair before starting.
- ✓ Nits are sometimes confused with dandruff. Dandruff will easily fall off or move when the hair is shaken. A nit will stick in place.
- ✓ **Be patient.** Removing nits can take time, but is the best thing you can do to prevent head lice from continuing to be a problem.

Steps to remove nits:

- ✓ Divide the hair into sections and set aside sections of hair that are not being worked on.
 - ✓ Using a nit removal comb, go through the section of hair from the scalp to the end of the hair. Remove lice and nit debris from the comb with a paper towel.
 - If debris builds up, use an old toothbrush to clean the comb.
 - Look carefully through that same section of hair for attached nits.
 - ✓ If the lice comb does not remove the nits, then use your fingernails and pull nit down the length of the hair to remove it.
 - ✓ Go on to the next section of hair and repeat until all sections have been completed.
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- ❖ Even if you follow all of these steps, a few nits may be missed. Check for nits every day for at least two weeks and remove any nits found.
 - ❖ Seeing a nit or two for the next few days does not necessarily mean there is still live lice. If at least 3-5 nits per day are found, live lice may still be on the head. Do another search, and if live lice are found, follow the treatment steps above. Additional treatment is not recommended unless live lice are found. **Do not** apply treatments more often than the products' directions state (you may need to try a different kind of treatment).
 - ❖ **Parents are encouraged to make checking for head lice a part of routine hygiene and should be done at least weekly.**



NIT



Nymph



**Full Grown
Louse**