



minnesota
Lice Lady

Oldest and Largest: Since 2010

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Head Lice Prevention Tips for Parents

Head lice are common in school-aged children, but there are simple steps you can take to help protect your family.

1. Tie It Up

- Children with long hair should wear it braided, in a bun, or in a braided ponytail.
 - This makes it harder for lice to transfer during head-to-head contact.
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2. Avoid Head-to-Head Contact

- Remind kids to keep their heads apart during play, sports, selfies, and group activities.
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4. Do Regular Head Checks

- Check your child's hair and scalp weekly, especially during peak lice seasons (back-to-school, winter months, after holidays).
 - Use a professional grade nit comb (visually checking is not accurate), or book a professional head check.
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7052 East Fish Lake Rd
Maple Grove, MN 55311

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7630 145th St. W #202
Apple Valley, MN 55124

5. Educate Calmly

- Talk to your child about lice in a calm, matter-of-fact way to avoid embarrassment or stigma.
 - Emphasize that lice happen to clean hair, dirty hair, short hair, and long hair — anyone can get them.
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6. Act Quickly if Found

- Early detection is key.
 - Contact a professional lice removal service or follow treatment instructions right away.
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Remember:

- Lice do not live in the environment — extensive cleaning, bagging items, or spraying chemicals in the home is not necessary.
- Lice spread primarily through head-to-head contact.

Questions? Contact MN Lice Lady at **612.564.0678** or visit **mnlicelady.com** for help.



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