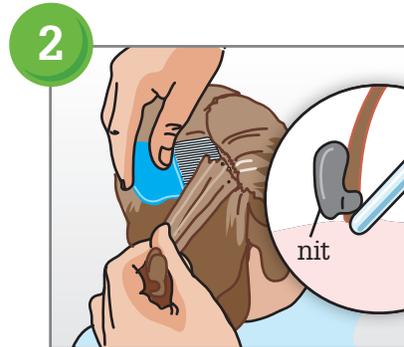


# How to do a lice comb-out

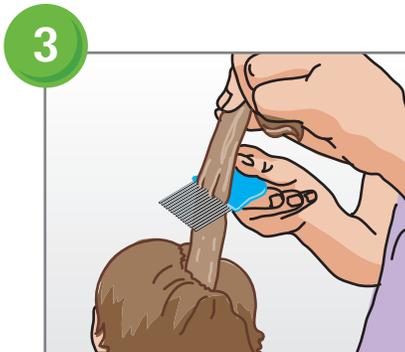
**You'll need:** Comb, metal lice comb, hair clips, bowl, strong reading glasses or magnifier, good light, and wet hair. Use regular comb to detangle before you begin.



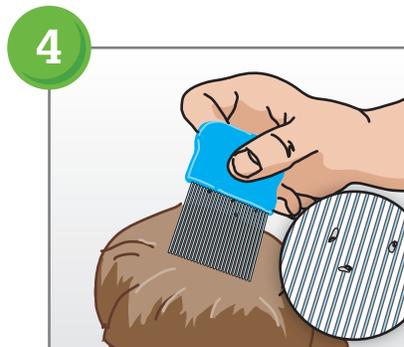
1 Part your child's hair down the middle and clip up one half so it's out of the way.



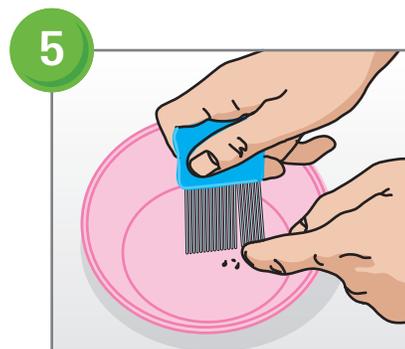
2 On the loose side, pick up one small section of hair, about the width of your lice comb. Start at the scalp to catch the nits (lice eggs).



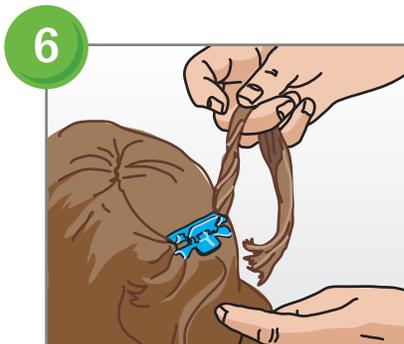
3 Pull comb all the way through to ends of hair. Comb each section in multiple directions (up, down, left, right).



4 You may see lice on the comb after you pull it through the hair.



5 Flick the teeth of the comb into a bowl, dip it in a bowl of soapy water, or wipe it with a paper towel after each swipe.



6 Keep combing each section until the comb comes out clean (no lice). Twist the combed hair and clip it to the head.

If lice are an ongoing problem in your area, try combing out hair once a month. "Regular comb-outs are the best prevention," says one mom whose daughter had lice twice. "The minute I see one of those lice warning notes from school, I sit my daughter down for a combing. I also comb her hair out after sleepovers or other outings where the kids are close together. We haven't had lice since."

For more details, visit our **Lice Survival Guide** at [www.babycenter.com/lice](http://www.babycenter.com/lice).