Early detection of head lice infestation through routine head checks by parents and caregivers is the best prevention for lice infestation. Checking for head lice should be a normal part of every family's personal hygiene routine, like brushing your teeth or washing your hair, and should be done regularly, ideally once a week.

Just remember, **ONCE A WEEK, TAKE A PEEK.**

It is best to check for head lice using a comb made for the purpose with teeth no more than 0.3mm apart in order to trap head lice. Check with your school nurse if you would like to obtain a lice comb for regular combing and lice removal.

For frequently asked questions about head lice you may check out the following link

http://www.cdc.gov/parasites/lice/head/gen_info/faqs.html