

# How To Do The Weekly Head Check

A quick head check done weekly is your best defense against an outbreak. Check regularly and you are sure to detect any infestation before other family members are affected.



- 1 Start just after a bath or shower, so hair is damp.
- 2 Detangle the hair with KaPOW!™ Lice Defense Spray then comb or brush all hair back (ala Elvis).
- 3 Use the KaPOW!™ Nit Remover Comb flat against the head at the root of the hair. Comb all hair straight back from close to the scalp, down to the ends. Wipe comb on the white paper towel every 5 strokes to check for nits/lice. Comb the whole head.

**For short/medium hair:** Comb all hair to the right, then to the left and then from back to front. Repeat.

**For long hair:** Part hair in center and divide into right/left sections. Pull one side into a ponytail and comb the other side. Switch sides and repeat.

***If you find evidence of nits/lice, check the entire family. Treat only those with nits or lice.***

## Questions? We've Got Answers.

Our website has the info you need with step-by-step video tutorials, tips and Q&As.

Visit us at [CenterforLiceControl.com](http://CenterforLiceControl.com)

We know that dealing with lice is stressful. That's why we invented the KaPOW!™ product line. KaPOW!™ products will turn you into a lice-fighting Superhero.

