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## 11 Ways to Prevent Head Lice

By [SONYALEEBENHAM](#) | September 6th, 2013 at 2:52 pm

School is back in session, and it's got me scratching my head. Head lice infestations are most common among in preschool- or elementary school-age children and their caretakers. According to the [CDC](#), an estimated 6-12 million children age 3 through 11 get lice each year. Contrary to popular opinion, contracting lice has nothing to do with cleanliness. Anyone can be infested by these little bloodsucking pests! Usually this occurs through direct head-to-head contact, but the little buggers have been known to jump ship onto clothing, toys, and upholstery. Don't panic, though; while head lice are pretty yucky, they do not cause problems beyond [itching](#). If it happens, it happens but you can lessen your risk with these 11 very simple tricks and tips to prevent head lice.



### Use Shampoo and Conditioner for Lice Prevention

Lice are repelled by certain smells, like tea tree oil, menthol, eucalyptus oil, lavender oil, rosemary oil, lemongrass, and citronella. Choose a shampoo for your child with any of these scents for added protection.

*Fairy Tales Rosemary Repel Shampoo is available at [Fairy Tales](#). \$11.95*

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