



# 14 DAY HEAD LICE ELIMINATION PLAN

PRINT OUT & STICK ME ON YOUR FRIDGE

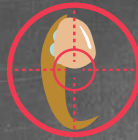
## PHASE ONE

### MISSION:

Get rid of all **adult** lice and eggs



ADULT LICE



EGGS

### MISSION NOTES:

During the first 4 days it is important to use the V-Comb **daily** to get rid of all adult lice and eggs from the hair. Leaving lice behind will lead to a reinfestation as a single adult female louse can lay up to 8-10 eggs daily over approximately 14 days. (Up to 150 eggs in their lifetime!)

DAY 1	DAY 2	DAY 3	DAY 4

Mark off the days you use the V-Comb

WHAT YOU'RE LOOKING FOR



**ADULT LOUSE**  
ABOUT THE SIZE OF A SESAME SEED

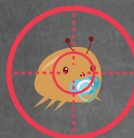


**EGG**  
ABOUT THE SIZE OF A PIN HEAD

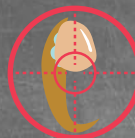
## PHASE TWO

### MISSION:

Get rid of newly hatched nymphs or eggs that might have been missed



NYMPHS



EGGS

### MISSION NOTES:

Eggs (nits) hatch 6-10 days after being laid. Newly hatched lice (nymphs) are small and often difficult to see in the hair. Use the V-Comb 2-3 times during this phase to ensure nymphs are removed from the hair before they reach maturity and start laying eggs.

DAY 5	DAY 6	DAY 7

DAY 8	DAY 9	DAY 10

WHAT YOU'RE LOOKING FOR



**NYMPH**  
ABOUT THE SIZE OF A PIN HEAD



**EGG**  
ABOUT THE SIZE OF A PIN HEAD

## PHASE THREE

### MISSION:

Prevent reinfestation



NEW ADULT LICE

### MISSION NOTES:

Continue to use the V-Comb after school to check for lice. Avoid sharing personal items that come in contact with your hair like combs, hair accessories or hats. Head lice can be transferred through these items or through direct head-to-head contact. (E.g. hugging, leaning in to take a selfie.)

DAY 11	DAY 12	DAY 13	DAY 14

WHAT YOU'RE LOOKING FOR



**ADULT LOUSE**  
ABOUT THE SIZE OF A SESAME SEED

### POST MISSION:

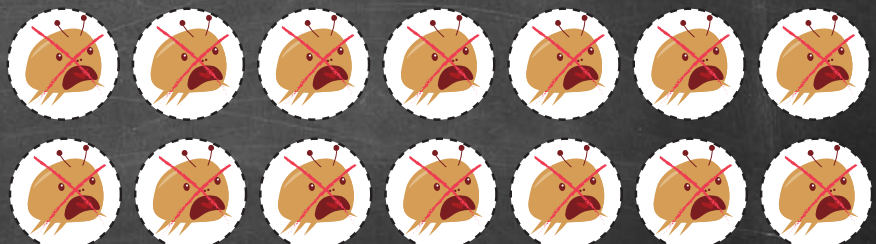
Continue to use the V-Comb 1-2 times a week to check for new head lice activity and remove new lice to prevent reinfestation.



**V-COMB**  
THE INNOVATIVE, ALLERGEN AND CHEMICAL - FREE HEAD LICE TREATMENT



CUT OUT AND PASTE ON CHART TO MARK OFF EACH DAY YOU USE THE V-COMB.



[www.v-comb.ca](http://www.v-comb.ca)