

Itch Prevention



The Centers for Disease Control estimates that 6 to 12 million school age children get head lice each year. The insects are a year round problem, but camp season — similar to the start of the school year — presents opportunities for close contact among children, leading to increased risk. Look for the following symptoms:

- tickling feeling in the hair
- itchy scalp
- irritability and difficulty sleeping.

Before your child heads off for camp this summer, consider reducing his risk by using lice prevention products — like Long Island-based Zippity Doo's shampoos, conditioners and gels — that can help repel the itchy critters.

If your household does become infested, talk to your doctor about medications, and wash all bedding and clothing in hot water.



Keep It Clean

Celebrate Earth Day with **CleanWell hand soaps**, a safe and effective natural alternative to the toxic ingredients found in many antibacterial products. The patented blend of plant essential oils meets FDA standards for 99.9 percent germ-killing efficacy. **\$4.99**; available at local stores, including Target and Babies R Us.

45%

Research shows that people who wash their hands five times a day have 45 percent fewer colds.

At Your Fingertips

Have you ever been on vacation when your child falls ill and needs a doctor? An online personal health record keeps track of everything, including immunizations and health conditions, so it's all at your fingertips — wherever you are. At www.healthmanager.mayoclinic.com.

