

## **How to Survive Those Last Hair Days**

1. Decide whether you want to wear hats, scarves, bandanas, or wigs, or whether you just want to “go bald”.
2. When your hair starts thinning, use a soft-bristled hairbrush.
3. When your hair becomes thin, use a mild shampoo.
4. Try to meet other teens who have finished treatment so you can see for yourself that hair loss is truly temporary!
5. Talk to your social worker who can help you to get wigs, hats, scarves, bandanas, or other headgear.
6. Cover your pillow with a small blanket so that it's easier to collect your hair when it's falling out.
7. Consider cutting your hair shorter before you hair starts to fall out.

The most important thing to remember is that **YOUR HAIR WILL GROW BACK!**