



Head Lice

What You Need to Know

QUICK FACTS

Head lice are not uncommon.
Head lice do not transmit diseases.
They don't discriminate. Hygiene and cleanliness aren't factors for infestation.
Head lice don't jump or fly, they crawl.
Scientific evidence does not support the use of home remedies!

How do head lice spread?

Head lice are mostly transmitted by direct head-to-head contact.
It is uncommon, but possible, to spread head lice by contact with clothes or personal items which have been in contact with someone who has head lice.

Do you know what head lice are?

Head lice are tiny, wing-free insects.
They live on the scalp and feed on human blood.
When looking for a head lice infestation, you will see nits (eggs) and/or the actual lice.
Nits are shaped like teardrops and are yellowish or white in color. Nits stick to the hair shaft.
Adult lice are about the size of a sesame seed and appear tan to grayish-white.

TREATMENT

Contact your healthcare provider or pharmacist for treatment recommendations.
Sheets, used clothing, hats and towels must be washed in hot water and dried with high heat.
Brushes and combs should be washed in hot water for 5-10 minutes.
Vacuum carpets and upholstered furniture.
Family members should be checked and those who have lice must also be treated.

SIGNS AND SYMPTOMS

Itching (although some don't experience the itching)
Difficulty sleeping (lice tend to be more active in the dark)
Sores on the head (from scratching)

ELEMENTARY KIDS

Check out these videos to learn more.

<https://www.youtube.com/watch?v=kAE458NjsrQ>

<https://www.youtube.com/watch?v=-tpyczKCMcw>