

HEAD LICE

Facts & Prevention Tips

The Basics:

- Head lice are parasitic insects that live solely on the scalp hair of humans.
- Head lice develop in stages from an egg (a nit), to a nymph, to a louse.
- Head lice can reproduce rapidly and should be treated immediately with special treatment products designed to inhibit and kill head lice in all stages.
- Head lice is EASILY spreadable. Households, clothing, bedding, and vehicles need to be disinfected and cleaned thoroughly.



What To Do:

- Clean and disinfect ANY PLACE THAT THE HEAD MAY HAVE CAME IN CONTACT WITH (this includes coat closets and any coat in there, backpacks, vehicles, etc.)
- Vacuum carpets, couches and mattresses.
- Wash the items you can in HOT water and put in the dryer on HOT.
- Items that cannot be washed, put in a garbage bag and freeze them outside for 48 hours. THROW the garbage bag away when done.
- Hair accessories and brushes should be thrown in the garbage (and/or treated properly).
- Treat the head lice with an over-the-counter product found at the store or beauty salon. Comb hair regularly with a special head lice comb.
- Check all members in the household for lice (even boys) and treat all members accordingly.
- Daily, for 7 days, wash clothing, bedding, brushes, and hair accessories used.

Head Lice Myths & Facts

Myth: I can treat head lice with home remedies.

Fact: Home remedies ranging from mayonnaise, kerosene, coca-cola pop, vinegar, and hair-dying kids are NOT effective treatments against head lice. It is BEST to use over-the-counter products.

Myth: Kids get lice from sharing a comb or brush at school.

Fact: Head lice is mostly spread through direct head-to-head contact with someone, such as sharing a pillow, playing together, or wearing the same coat or hat. Head lice can also be transferred by a shared comb, headphones, or helmet. Encourage your children to NOT SHARE WITH OTHERS.

Myth: Only people who do not bathe regularly or live in unclean homes get head lice.

Fact: Anyone can get head lice, no matter how clean their hair or home is. Head lice are not necessarily a sign of uncleanliness; they thrive in clean hair, too! Lice do not gravitate towards certain socioeconomic groups, ANYONE WITH HAIR CAN GET IT.

Lice are HIGHLY contagious and a REINFESTATION is likely if not treated PROMPTLY & PROPERLY