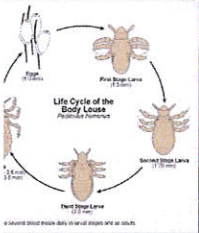




HOW TO PREVENT AND TREAT LICE IN YOUR LITTLE ONES

WHAT IS HEAD LICE?

Head lice are one of the most common conditions in school aged children. They are insects that feed on human blood and live on hair shafts close to the scalp. Lice are not dangerous, but can be a big nuisance!



MYTHS

- Only dirty people get head lice
- Head lice carry diseases
- Head lice can jump, fly, or live anywhere
- Home remedies can get rid of head lice

FACT

- Anyone can get head lice and it actually is more common for well groomed people to get head lice.
- Head lice do not spread disease.
- Head lice cannot jump, fly, or live longer than a day on objects. They can only crawl and need a host to survive.
- There is no scientific evidence that home remedies work so consult your medical provider for treatment help.



PREVENTION

- Avoid head-to-head contact
- Avoid sharing brushes, hats, helmets
- Don't throw jackets in a pile
- Keep long hair tied back
- Clean brushes and combs with hot water

SIGNS OF LICE

- Intense itching
- Visible lice on hair shafts, neck, and behind the ears
- Irritability and difficulty sleeping, because lice are more active in the dark
- Sores on the head

HOW TO CHECK

Use a fine toothed comb and section off your child's hair. A bright light will help you to see if there is lice. They will look like brown bugs the size of sesame seeds and nits are small white eggs that are stuck to the roots.



TREATMENT

- Over the counter medication works well, but lice sometimes can be resistant
- Wash bed linens, clothes, hats, and towels in very hot water and dry on the highest setting
- Comb, brushes, and hair clips should be soaked in very hot water for 5-10 minutes
- All household members should be checked

PREVENT STIGMATIZATION

Head lice infest children from all backgrounds & walks of life

