

Please follow these steps to prevent head lice infestations:

Check children's heads for signs of lice and/or nits.

Detecting lice is easy:

- Closely examine your child's hair and scalp. Look for white or grayish crawling forms, about the size of a sesame seed with six legs [lice], and yellowish-white eggs [nits] attached to hair shafts close to the scalp.
- Tell your children to avoid head-to-head contact and any sharing of combs, brushes, towels, hats, scarves, barrettes, or other personal items commonly worn on the head.
- Wash your hands and children's hands and nails thoroughly, getting under the nails as some lice may be found there.

In case of infestation, please follow these steps:

- Notify the school nurse so that he/she can help limit the spread of lice.
- Treat your child immediately. Contact the school nurse or your trusted health-care professional for additional information about safe and effective treatment options.

Common Myths About Head Lice

MYTH

Head lice are caused by poor hygiene.

FACT

The presence of head lice does not indicate a lack of hygiene. A person can have good personal hygiene and still get lice. Head lice are mainly acquired through direct head-to-head contact with a person who is infested, but may occasionally be acquired from contact with clothing [such as hats, scarves, and coats] or other personal items [such as brushes or towels].

Lice can jump or fly from person to person.

Though lice are highly contagious, they cannot jump or fly.

Dogs or other pets can spread head lice.

People cannot catch head lice from pets. Lice are human parasites and require human blood to survive.