

STRAIGHT TALK ABOUT HEAD LICE



*All you wanted to know about
head lice
but did not know where to go
for **CORRECT** and **REAL**
advice!*

Finding head lice and how to get rid of them

Head lice move fast! Look at the hair near a sunny window, under a bright light, or outside on a sunny day. Move parts of the hair aside and check near the back of the neck, behind the ears, and on the scalp.

- **Please contact your child’s doctor for their advice, first.**
- Please only treat the hair if live lice are seen.
- Call your child’s doctor, drug store, or school nurse for help, if needed.
- Always read the box or bottle for tips on how to use the special treatment.
- After the first special shampoo, do another special treatment in 10 days.
- If you wish, you may want to try white hair conditioner on dry hair. Leave it on the hair for 20 minutes and then comb out the lice with a metal comb. Try this every day for 7-10 days.
- Check the hair once a week after the lice are gone.
- Tell friends and others who you have seen in the last month about the lice so they can check the people around them.

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
1st treatment	Comb hair to remove nits	Comb hair to remove nits	Comb hair to remove nits	Comb hair to remove nits	Comb hair to remove nits	Comb hair to remove nits	Comb hair to remove nits	Comb hair to remove nits	Comb hair to remove nits	Repeat treatment

Some more thoughts

Children are no longer sent home from school if they have head lice. Class head checks are no longer done. They have been proven to be of no help in stopping the spread of head lice.

Facts about Head Lice

Top 3 Common Myths

#1 Head lice can jump and fly.

Truth Head lice do not have wings and do not have the leg makeup to jump.

#2 Families that are dirty or poor have head lice.

Truth Head lice like clean hair. Head lice live on the blood from the scalp.

#3 If there are nits (eggs), there are lice.

Truth The eggs, called nits, can stick to the hair for months after they die. Never treat the hair with a chemical product if live lice are not seen in the hair.



Do Not Worry

There are very few things that cause more worry in parents than to find out that your child has head lice. It is important to know that head lice are easy to treat and you can get rid of them.

There are a lot of cases of head lice every year. It is very hard to stop the spread of head lice and that is why they have been around so long. If head lice are found, the best thing to do is to get rid of them. Having head lice is no one's fault.

Sources:

- American Academy of Pediatrics
- Harvard School of Public Health
- James Cook University (Richard Speare)
- University of New Hampshire (John F. Burger, PhD)