

## Facts of Lice

Head lice are tiny wingless insects that live in a person's hair and feed on small amounts of blood drawn from the scalp. Contrary to popular belief, lice do not spread disease and they do not fly or jump. Lice eggs are called nits and they appear as tiny oval specks of grey or yellow that attach to the hair shaft. Unlike dandruff, nits do not easily flake off the hair.

### Signs & Symptoms:

- Severe itching & scratching of the scalp
- Nits on the hair shaft, usually on the back of the head between the ears
- Louse/lice (tiny, reddish-brown insect)
- Red bumps on the scalp from irritation
- Signs of infection on the scalp, if severe (crusting/oozing)

### What to do if your Child has Lice:

- Check with your doctor or pharmacist for a recommended treatment
- Check everyone in the home for lice and treat if needed
- Wash all clothes and bed linens in hot water and run through a hot dryer
- Vacuum all carpet and cloth-covered furniture in your home and car
- Replace hair care items such as brushes, combs, hair scrunchies, etc.
- Seal all non-washable items such as stuffed animals in a plastic garbage bag for two weeks

### Think Prevention:

- Try to avoid head to head contact with other people
- Do not share combs, brushes, hair ties, hats, scarves, pillows, etc.
- Do not lie on carpet or bedding that has recently been used by someone with head lice
- For more information visit the American Academy of Dermatology at [aad.org](http://aad.org) and search 'head lice' or contact your school nurse