

## **FACTS & MYTHS ABOUT HEAD LICE (PEDICULOSIS)**

### **MYTHS ABOUT HEAD LICE**

- Lice cannot jump or fly.
- Lice have nothing to do with personal hygiene.
- You can't get lice from a pet.

### **FACTS ABOUT HEAD LICE**

- Lice are a common problem.
- Lice are not dangerous.
- Lice do not spread disease.
- Lice are annoying.
- Lice can be hard to get rid of.

### **TIPS TO HELP AVOID HEAD LICE**

- Try to avoid head to head contact, like in gym or during sports.
- Do not share combs, brushes, hats, scarves, bandanas, ribbons, barrettes, hair ties or bands, towels, helmets, or other personal care items with anyone else.

- Don't lie on bedding, pillows, and carpets that someone with lice has used in the past couple of days.
- If someone in your family or at school has lice, ask a parent or adult to check your hair and scalp every 3 or 4 days to be sure you haven't picked up lice.

### **SIGNS OF HEAD LICE**

- Tickling feeling of something moving in the hair.
- Itching
- Irritability and difficulty sleeping; head lice are most active in the dark.
- Sores on the head caused by scratching
- Sometimes there are no symptoms at all.