

Facts About Head Lice

- Every year there are cases of Head Lice in schools in Newfoundland.
- Head Lice do not carry disease, but dealing with head lice can be frustrating. Some parents can be embarrassed, so it helps to talk with you Community Health Nurse and get good information about how to deal with it.
- Itching and scratching can be signs of head lice, but does not mean you have head lice.
- Head lice live on the scalp and cannot jump or fly. People get head lice from other by head to head contact. Sharing combs, hats and other hair accessories and sleepovers are common ways head lice are spread among children.
- Anyone can get head lice. Lice do not discriminate. It doesn't mean you are unclean!

Preventing the Spread of Head Lice

- Check your child's head weekly and after every sleepover, and everyday during lice outbreaks at school or in the community.
- Treat immediately and properly if lice are found. Contact your Community Health Nurse for the correct way to treat head lice.
- Notify the school that you have found head lice and that your child has been treated.
- Keep long hair tied back or braided.
- Teach the whole family not to share personal items that are used on the head (i.e. Helmets, hair accessories, hats...)
- Teach your whole family to keep their hats and scarves in their coat sleeves or backpacks.

For more information on how to know if your child has head lice and how to properly treat head lice please contact a Community Health Nurse at 466-5700.