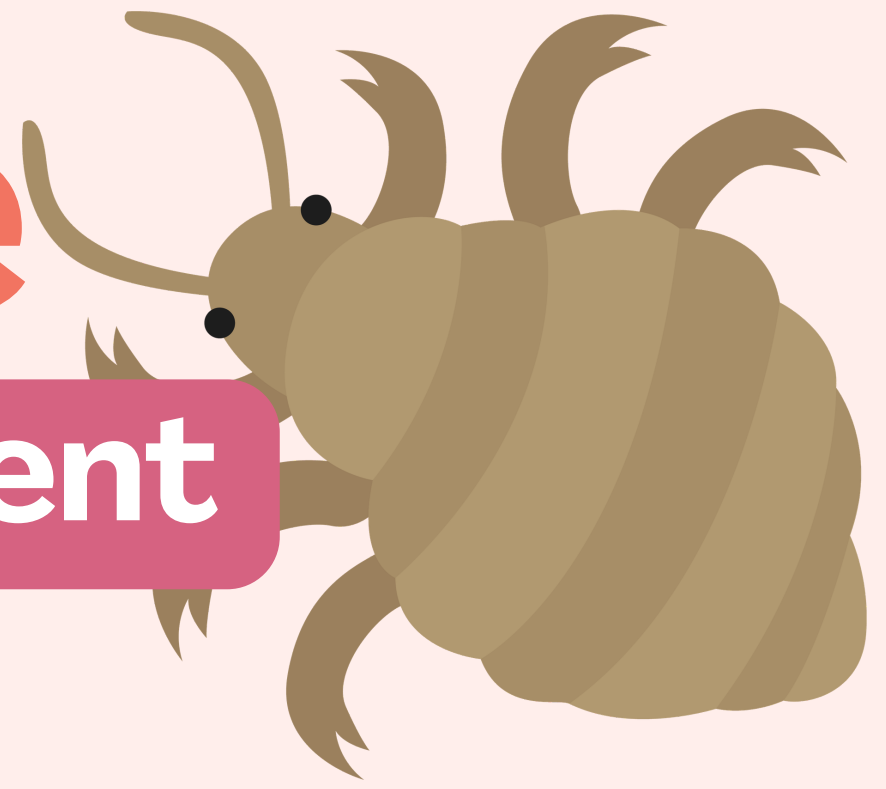


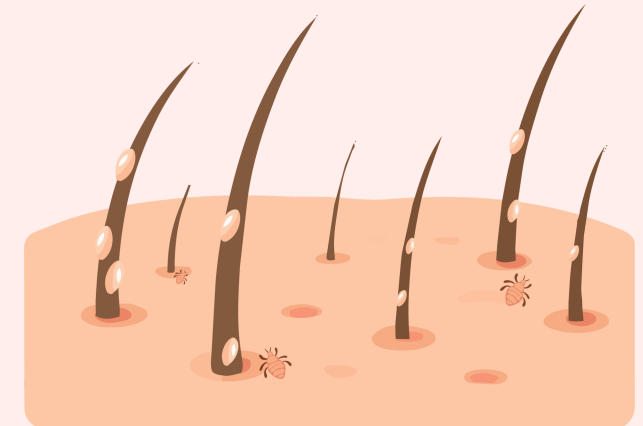
Head Lice

Prevention & Treatment



What Are Head Lice?

Head lice are **tiny insects that live on the human scalp and feed on blood**. They spread through close head-to-head contact, making them common in kids and group settings. Because they cannot jump or fly, they must crawl to move from person to person.



Signs to Look For

- Itchy scalp
- Tickling feeling in the hair
- Trouble sleeping
- Sores from scratching
- Live lice or nits (lice eggs) near the scalp

How Lice Spread

Most common:
Direct head-to-head contact.

Less common:
Sharing hats, brushes, combs, hair accessories, pillows, or towels.

Helpful tip:
Avoid sharing items that touch the hair.

Treatment Steps

1. **Use an approved lice treatment:** Over-the-counter or prescription treatments may be used. Follow the label exactly.
2. **Comb through the hair:** Use a fine-toothed nit comb to remove lice and nits.
3. **Check close contacts:** Household members and close contacts may need to be checked.
4. **Wash key items:** Wash recently used hats, pillowcases, bedding, and towels in hot water when possible.

