

JUST The facts

Lice may be a nuisance, but they **do not** cause disease.

Lice seem to be more prevalent in schools after a break when children have had more close contact with one another.

Lice have no wings or hind legs, so they cannot fly or jump!

Lice prefer to stay in the hair, not the environment!

Pets do not get head lice.

Head lice can spread if two heads are close together, such as at sleepovers, while at group or club activities, family gatherings, babysitting, playing sports, watching TV, taking 'selfies' or playing video games together.

Research shows most children who get head lice **do not** get them in school.

Lice cannot survive on objects in the school setting or on school buses. They require a human host in order to live.

Remember:
Schools don't get lice, people do!

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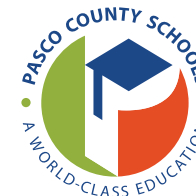
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**even
Nice
PEOPLE
get
Lice**

**An Educational Guide to the
Prevention and Treatment of
Head Lice**



home AND family TIPS

- Remind children not to put their heads together. Check the hair of all family members on a regular basis. Make it part of your regular routine, just like brushing teeth.
- Braid or tie back long hair.
- Watch for constant head scratching.

What to look for...

Lice are tiny, crawling insects about the size of a sesame seed – that live on the scalp and feed on blood.

Nits (eggs) are oval shaped and may be light gray or beige in color. Unlike dandruff, nits are glued to the hair and are difficult to remove.

Think Smart... Keep Heads Apart



Check your child's homework



Check your child's hair



head Lice - Dead Lice

What can I do if someone in my family gets head lice?

Check the hair of **everyone** in the house, especially the hair behind the ears and at the back of the head.

Remove all live lice and nits (eggs) using a special nit comb or your fingernails. A bright light may be helpful to see nits more clearly.

Vacuuming furniture or rugs and bagging stuffed animals may not eliminate lice.

Avoid the use of lice sprays.

Avoid sharing combs, brushes, and other hair accessories. Wash bed linens, including pillowcases, towels, blankets, and sheets on the hottest setting.

If a lice shampoo or conditioner is used, be sure to read the label and follow directions carefully. These products should **ONLY** be used when **LIVE** lice are found. A second treatment 10 days later may be necessary. **Do not over-treat your child!**

Why does my child keep getting lice?

Most cases can be treated with over-the-counter products. If your child still has live lice after two treatment failure, see your medical provider for a script.

Be sure to check and treat **everyone** in the home that has LIVE lice. It is important to treat **ALL** at the same time.

heads UP TRUTHS & MYTHS

The most effective means of removing lice and eggs **without the use of chemicals** is to wet the hair, apply conditioner and comb through the hair in sections. The use of a metal comb, such as the Terminator or LiceMeister, will make nit removal easier.



The use of oils, mayonnaise, enzymes, hair dye, and lice "zappers" has **NOT** been proven to be effective in the treatment of head lice.

Remember . . . **ONLY** use an approved over-the-counter product if your child has been found to have **LIVE** lice, and then be sure to carefully follow the directions. Product questions? Contact your pediatrician or pharmacist.

For further guidance regarding safe treatment of head lice, contact your child's school nurse (RN).

For more help...

Ask your doctor, pharmacist or your local health department office for information.

Contact your school nurse (RN) or clinic assistant.

Accurate head lice facts are available at: www.nasn.org

