

HEAD LICE

WHAT ARE HEAD LICE?

Head lice are small insects that live close to your scalp. These insects eat your blood to survive, but aren't known to spread disease.

WHAT SHOULD I KNOW?

Head lice are common in children. These insects mainly spread when you have head-to-head contact with someone who has lice.

HOW DO I KNOW IF I HAVE IT?



Feel tickles on your head.



Have trouble sleeping at night.



Scratch your head until you get sores.



See specks or white insects in your hair.

HOW CAN I PREVENT IT?



Don't touch your head to another person's head.



Don't share items like hats or brushes.



Don't lie down on the same bedding as someone with lice.

TREATMENT TIPS:



- Use medicine from the store to treat lice.
- Comb your hair with a nit comb 8-12 hours after treatment.

WHEN TO ASK A DOCTOR?

You should contact your doctor if you still have head lice after a full treatment (as listed on the instructions). They may want to give you stronger medicine like Ivermectin.

To learn more, visit the Head Lice webpage at www.cdc.gov.

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