

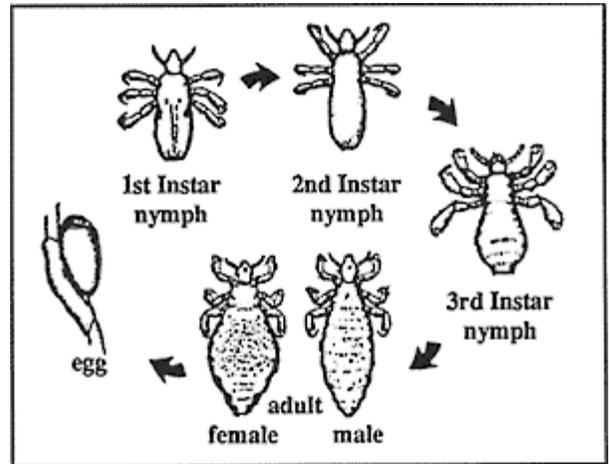
# HEAD LICE

## WHAT ARE HEAD LICE?

- Tiny, wingless insects
- Live among human hairs
- Feed on tiny amounts of blood
- Do not transmit disease

## WHO CAN GET HEAD LICE?

- Anyone who comes in close contact with someone who already has head lice is at greatest risk.
- Hundreds of millions of cases worldwide each year
- Preschool and elementary-age children and their families are infested most often.
- Head lice may be acquired from contact with clothing or other personal items that belong to an infested person hats, scarves, coats, brushes or towels
- Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.
- Pets cannot get lice



## HOW TO PREVENT LICE

- Avoid head-to-head contact
- Don't share combs, brushes, hats, scarves, towels, or helmets whether the other person has lice or not
- Don't lie on bedding, pillows or carpeting of a person who has lice
- Examine members of your household every 3-4 days if they have contact with someone with lice

## HOW TO TREAT HEAD LICE

- Use Anti-lice Agents Found Over-the Counter
- Follow the directions exactly, the treatment is a pesticide and can cause harm if used incorrectly
- Wet combing should be done every 2-3 days for two weeks after treatment
- Treatment may need to be repeated in 7-10 days to avoid re-infestation

## RESOURCES

- <http://www.hsph.harvard.edu/headlice.html>
- <http://www.cdc.gov/ncidod/dpd/parasites/lice/default.htm>
- [www.health.state.mn.us](http://www.health.state.mn.us)
- [www.headlice.org](http://www.headlice.org)
- [www.lice-freenaturally.com.au](http://www.lice-freenaturally.com.au)
- [www.mayoclinic.com/health/lice](http://www.mayoclinic.com/health/lice)

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