



Tips for dealing with Head Lice



Facts about head lice:

- Head lice cannot jump or fly.
- Head lice are spread person to person by direct head to head contact.
- Head lice do not survive more than 3 days away from the scalp.
- Head lice do not spread disease and anyone can get them.

You should suspect head lice when you see:

- Constant head scratching.
- Scratch marks on or near the scalp.
- Nits that are glued on the hair close to the scalp.
- Small bugs in parted hair.

Treat for head lice by following these steps:

- Check all close contacts. If one person in the family has lice, others can too.
- Tell the school, day-care, and children's groups so parents can check their children's hair. An untreated source can be reason to get lice again.
- Talk to a pharmacist so they can help you choose the right product.
- **Give 2 treatments 7-10 days apart.** Between treatments, daily nit removal is essential to get rid of head lice successfully. The first treatment will kill head lice but not all the eggs. The second treatment will kill the newly hatched lice missed with the first treatment before they are able to reproduce.

For more information contact Ottawa Public Health at 613-580-6744 or visit www.ottawa.ca/health or http://www.caringforkids.cps.ca/handouts/head_lice