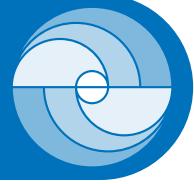


# Facts of Lice



## Head Lice at home can be very stressful - be kind to people.

- Treatment is recommended.
- Removing lice eggs/nits by comb and hand is a must.
- Contact your school or health unit for information and support.
- Students can go to school.



## Facts:

- Lice are small grey, white, or yellow, oval-shaped bugs.
- Lice are found on the head, close to scalp.
- Lice like clean hair both long and short.
- Lice do not spread disease.
- Lice do not live on animals.
- Do not use products for lice if you do not have lice.



## Prevent:

- Put hair up or in braids.
- Check heads weekly (more often if lice is at school): Having a routine at home can help like brushing hair each night while reading a book.



## Treat:

- Use lice treatment/shampoo.
- Treat all people in the house who have lice at the same time.
- Use a fine-tooth comb and bright light. Comb out hair from root to tip to bring out eggs/nits. Remove the lice eggs and nits by comb/hand.
- Place items that can be safely dried on high heat in the dryer for 30 minutes.
- Vacuum places heads have been that cannot be dried – ie. couches, car seats, carpets.
- For things that can not be dried or vacuumed, set them aside for 48 hours.



**Lakelands**  
Public Health

For more information, call the Health Unit at  
**1-844-575-4567** or visit [LakelandsPH.ca](http://LakelandsPH.ca)