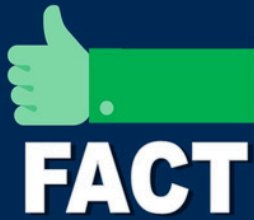


# MYTH



# FACT

## MYTH

Head lice is a result of poor hygiene.

Head lice can infect anyone regardless of personal hygiene or condition of the home!

## FACT

## MYTH

Lice jump or fly from one head to another.

Lice cannot jump or fly! They crawl from one head to another or onto items like brushes or hats.

## FACT

## MYTH

Head lice carry and transmit disease.

The good news is that lice have not been shown to spread disease.

## FACT

## MYTH

Head lice are very contagious and children who have lice should be isolated.

Keeping a child out of school after initial treatment is unnecessary. Simply avoid close contact and sharing items.

## FACT

## Questions?

Contact the  
St. Lawrence County  
Public Health Department



### St. Lawrence County Public Health Department

Sanitarian Program  
80 State Highway 310, Suite 2  
Canton, NY 13617  
Phone: 315-386-2325  
Fax: 315-386-2744

## HEAD LICE



## Prevention & Treatment



### St. Lawrence County Public Health Department



## HOW CAN YOU PREVENT LICE?



**Avoid sharing hats, scarves, and head accessories.**

**Avoid sharing brushes or combs.**



**Keep head-to-head contact to a minimum.**

**Check your child weekly for lice or nits**



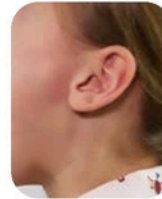
**Once detected, have your whole family screened!**

## 10 STEPS TO BECOMING LICE FREE



1.) Use proven treatment and be sure to follow all directions.

2.) When treating head lice, start at the nape of the neck and behind the ears.



3.) Check for nits (head lice eggs) and use a nit comb to remove them.

4.) Follow through with a second treatment within 7-10 days.



5.) Wash all bedding and clothing that your child has used in hot water or run through the dryer's hottest setting for at least 30 minutes.



6.) Dry clean items that cannot be washed.

7.) Soak all hair care items such as brushes, combs, and hair clips in very hot water for 15 minutes.



8.) Place items that cannot be cleaned or placed in the dryer in a tightly sealed plastic bag for 10-14 days.

9.) Vacuum to get rid of any lice dust or egg shells left behind.



10.) Teach your child not to share personal items such as hats, brushes, coats, etc.

