



## HEAD LICE FACTS

- Head lice is also called *pediculosis*.
- Head lice are not a major public health concern because they do not spread illness or disease.
- Head lice can be a bother because of the discomfort they can cause and how easily they are spread from person to person.

### Some facts for you and your family to know:

- Head lice are tiny insects about the size of a sesame seed and live only on the human head.
- Head lice are not caused by being dirty. Anyone who has hair can get head lice.
- Head lice can move quickly on dry hair making them hard to see.
- Head lice do not jump or fly or swim.
- Head lice bites can make the scalp itchy but they do not cause disease.
- Adult head lice lay about 10 eggs (called nits) every day. These nits are stuck to the hair near the scalp. After the head lice hatch, the empty shell of the nit stays stuck to the hair.
- You can find lice anywhere on the head. Look behind the ears and the back of the neck.
- Lice can vary in colour from tan, brown or gray.
- You cannot get rid of lice with a hair brush or with a hair dryer.
- You can get head lice by touching heads with someone who has head lice, or by sharing combs, brushes, hats, headsets or helmets.
- Head lice are common where children play or work closely together.
- The best way to find head lice is by using a fine toothed lice comb on hair that is dry, wet or wet with conditioner.
- Only treat when you find a live louse on the head.

### Life Cycle of Head Lice

