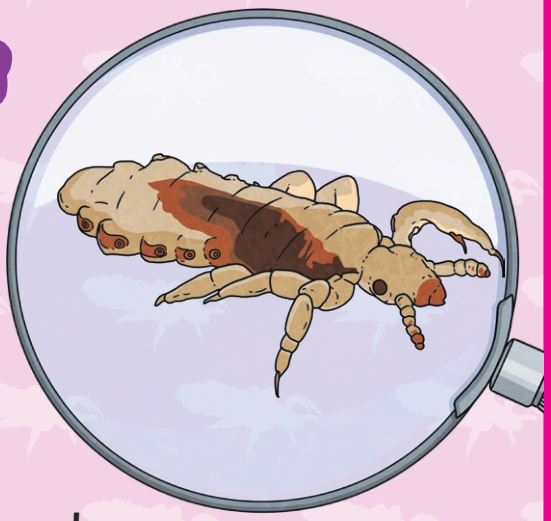
Stop the Spread of Head Lice



What Are Head Lice?

Head lice are small insects that live in hair and on the scalp. They are very common and spread by head-to-head contact. If you get head lice, you may not be able to see them but you will feel them because they make your head itchy.

How Can I Prevent Head Lice?



Avoid touching heads with other people.

Don't share hats, hair brushes, hair accessories or scarves.





Tie long hair up.



What Do I Do If I Think I Might Have Head Lice?

- Tell an adult in your home. They can check your head for lice.
- Head lice can be treated using a fine-toothed comb or a special lotion or spray.
- Treatments may need to be repeated after a week, to make sure all of the head lice are gone.