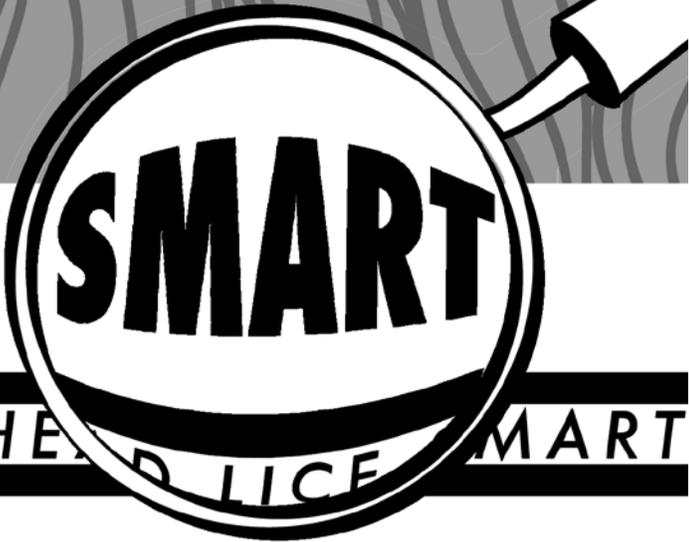


# HEAD LICE



# SMART

## TAKE STEPS TO BE HEAD LICE SMART

### What are head lice?

Head lice are tiny, crawling insects that can live on the scalp. Lice do not have wings and cannot jump or fly, although they can crawl very quickly. Nits are lice eggs.

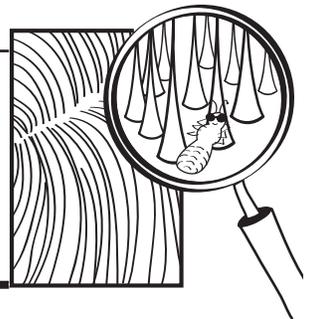


Close head-to-head contact can allow lice to crawl from one person's head to another. Do not share hairbrushes, combs, caps, hats, towels or washcloths. Always carry your own sleeping bag, towel and pillow to sleepovers.

### Who Gets Head Lice?

Anyone can get head lice! It does not matter whether the person's hair is clean or dirty, long or short. Do not tease a friend or classmate who has head lice because anyone can get head lice!

An adult will help check your head for lice. Lice like to live behind the ears, at the back of your neck, and along parts in your hair.



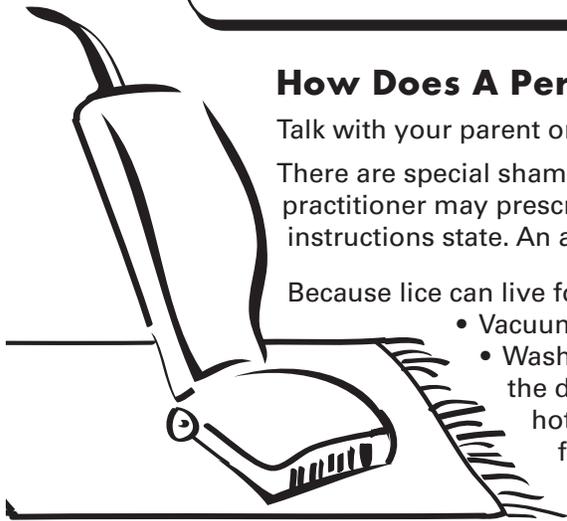
### How Does A Person Get Rid of Head Lice?

Talk with your parent or guardian and the school nurse if you think you have head lice.

There are special shampoos sold in stores that are made to kill lice. Your doctor or nurse practitioner may prescribe other products. All products must be used exactly as the instructions state. An adult should apply the head lice product.

Because lice can live for a short period off the body, it is important to:

- Vacuum rugs, furniture and the seats in the car.
- Wash bedding, towels and recently worn clothes in hot water and dry them in the dryer on high heat. Be sure to check the labels for cleaning instructions. If hot water and high dryer heat cannot be used, seal them in an airtight bag for two weeks to kill any remaining lice. Vacuum non-washable items like your dolls and stuffed animals or seal them in an airtight bag for two weeks. Soak combs, brushes, hair clips in very hot water.



For more information, go to [www.scdhec.gov/health/disease/head-lice.htm](http://www.scdhec.gov/health/disease/head-lice.htm)



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