

Head Lice – Anyone Can Get Them

Check regularly !!!

- check the whole family for lice and nits.

Treat the hair of infested family members.

- ask Shopper's Drug Mart about products at 632-6177.

Infestations can occur from close contact.

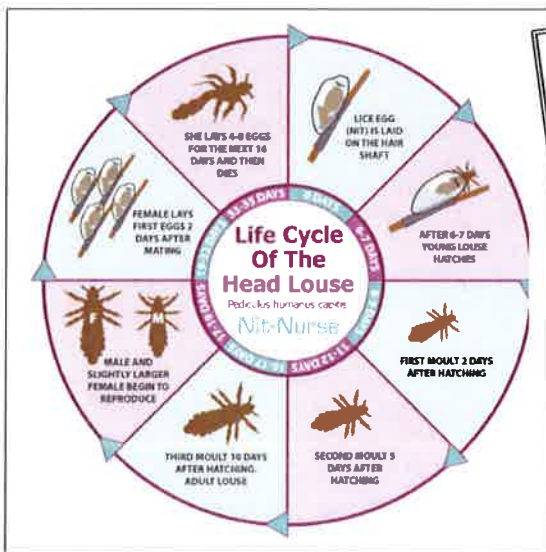
Call Public Health at 632-3181 for detailed information.

ONLY treat if hair is infested.

- if head lice or nits are found, **shampoo TWICE about 7 days apart.**
- remove all nits with a fine-toothed comb or by hand.

Key to getting rid of head lice is to shampoo TWICE and check the heads of ALL family members AFTER the second shampoo treatment. Hats and hoodies should be washed in HOT water; dried in HOT dryer. Combs, brushes and ALL headgear should NOT be shared.

WHAT TO LOOK FOR:



Adult louse is a small wingless insect (3mm or 1/8 inch in length).

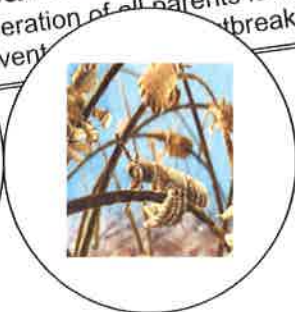
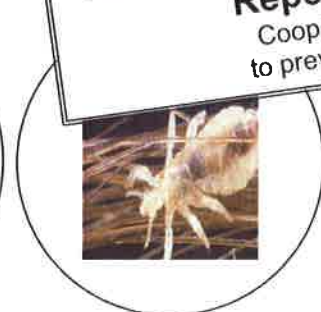
- It may be grayish in colour or adapt to the colour of the hair.
- It is very mobile . . . runs fast and is not always seen.

Nits (eggs) are very tiny (0.8 mm or 1/32 inch in length).

- May be white, yellow or brown.
- Firmly attached to hair close to scalp.
- Most likely found at the back of the neck, behind the ears, or just above the forehead.
- May look like dandruff, but cannot be flicked off like dandruff.
- Nits can be removed ONLY by sliding them off the end of the hair shaft.

Treat the hair once and remove ALL nits BEFORE sending your child back to school. Repeat treatment in 7 days.

Cooperation of all parents is essential to prevent outbreaks of lice.



Fine-tooth comb

Please inform the school and/or Public Health if you discover that your child has head lice.

Thank you !!!