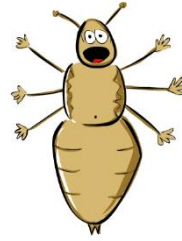
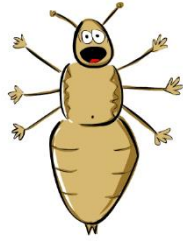




Interior Health

Every person matters



Head Lice

Head lice are tiny insects that can live on human heads. They lay eggs (called nits) close to the scalp. Head lice do not spread disease, and they love a washed or unwashed head just the same! Head lice are very common among children aged 3-11. Scratching the head can be a sign of head lice, but children can also have them without any itching.

While you cannot prevent getting lice, you can teach your child not to share personal items they use on their heads (like brushes, and hats). Also, teach your child to put their hats and scarves in their coat sleeves at school. Be sure to braid or tie long hair back, and develop a routine of checking your child's head for lice at least once a week.

Make sure to only treat for head lice if you find **live, moving lice** on the head. Lots of other things can be mistaken for nits (head lice eggs) like dandruff and lint. More information about head lice treatment can be found on the Interior Health public website here:

<https://www.interiorhealth.ca/YourHealth/SchoolHealth/HeadLice/Pages/default.aspx>