

If you have questions, contact your local health department or clinic



Edmund G. Brown Jr., Governor
State of California

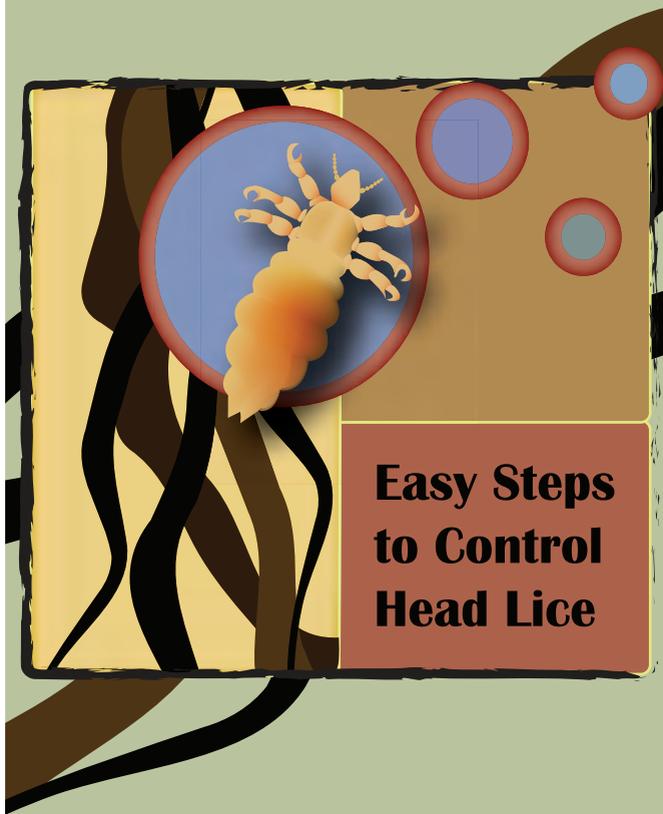
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A PARENT'S GUIDE TO HEAD LICE



Easy Steps
to Control
Head Lice

What are head lice?

Head lice are small insects that live in people's hair and feed on their blood. Lice glue their eggs, or "nits," to hair.

Head lice die quickly (within two days) without feeding so they cannot live very long away from your child's head.

Eggs take six to nine days to hatch, and seven or more days for the lice to become egg-laying adults.

How do people get head lice?

Children can give head lice to other children from head-to-head contact and when they share combs, hats, clothing, barrettes, helmets, scarves, headphones, or other personal items.

Head lice are a problem in homes, day care centers, elementary, and preschools. Children are much more likely to get lice from family members and playmates than from classmates at school.

How do I know if my child has lice?

The only way to know if your child has lice is to look through their hair. If your child has head lice, their scalp might be itchy.

Don't confuse dirt or dandruff with eggs (nits). Eggs stick on the hair.

How can I get rid of my child's lice?

Nit combing and removal

If your child has head lice, a good way to get rid of the lice is to comb their hair every day with a nit comb for two weeks.

Nit combs should be metal (not plastic) and have long teeth. Several brands of nit combs are available at your local pharmacy.

A good example is the LiceMeister® metal comb that costs about \$10. Metal flea combs found at pet stores may be used as well.

Development of Head Lice

