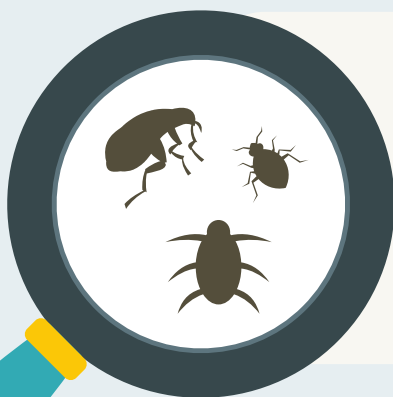




Head Lice

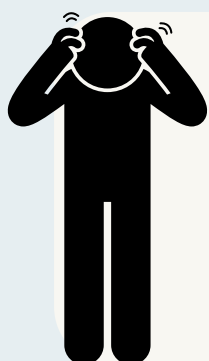
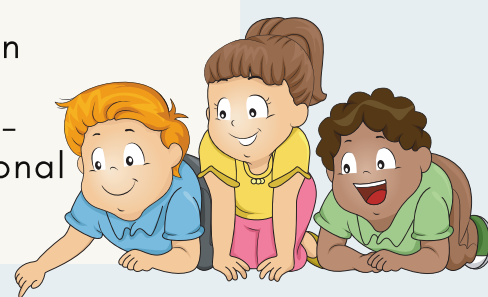


What are head lice?

- Tiny (size of a sesame seed) insects that live and breed on your head
- They need blood to survive
- Grey/brown in colour
- They do not carry disease and are not an indication of poor hygiene

Who can get head lice?

- Anyone!
- Lice are more common in children ages 3-10 years old
- Lice are spread through head-to-head contact or by sharing personal belongings (ie. hat and hair accessories)



What are the signs of head lice?

- Tickling, feeling something moving in your hair
- Itching
- Irritability
- Sores on the head caused by scratching

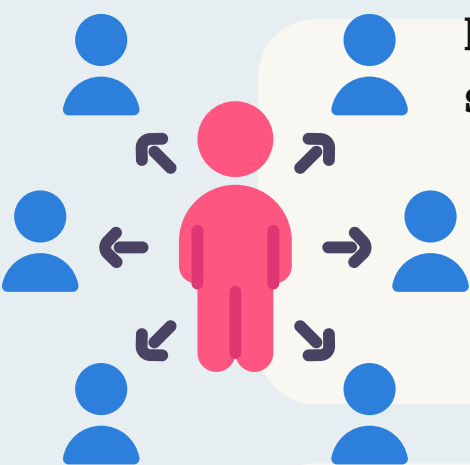
How do I get rid of head lice?

- Head lice treatment can be purchased at the pharmacy (ask pharmacist to provide instructions)
- Administer two treatments 7-10 days apart
- Check for live head lice and nits daily after treatment



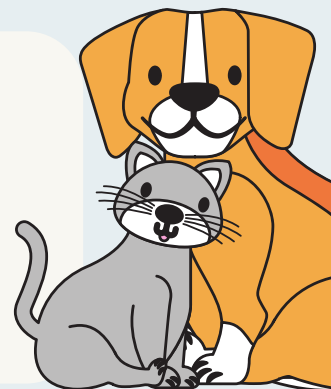
How can I prevent head lice from spreading?

- Discourage head-to-head contact
- Tie long hair back in braids
- Check head weekly for lice
- If a household member has lice, tell close contacts
- Do not share hats, hairbrushes, etc.



What else should I know about head lice?

- Be sensitive about people's feelings
- Lack of cleanliness does NOT cause head lice
- Short hair does not prevent head lice
- Head lice do not live on dogs or cats



Learn more about Head Lice, visit [Toronto Public Health's website](#)

For more information on how to check for lice, please watch the [Head Lice 101 video from the Lice Squad](#)

