

Get into the habit!

Check your child's scalp regularly for head lice.

The more often you check, the easier it will become.

Start a weekly routine.

**ONCE A WEEK
TAKE A PEEK**



HEAD LICE CAUGHT EARLY ON ARE EASIER TO TREAT

How to check:

- Comb through wet, well-conditioned hair.
- Use good lighting.
- Examine the hair close to the scalp for nits or live lice by looking behind the ears, at the nape of the neck, and at the top of the head.

If you find lice:

- Set an example for your child by remaining calm.
- Refer to our "Treatment Tips" handout on the Plymouth School District webpage:
<http://bit.ly/treatmenttips>

Head lice are one of the most common conditions among children ages 3-11 years old.

Lice are not dangerous or harmful and do not transmit disease. They are not a sign of being dirty or sick.

Head lice are tiny, wingless insects that live close to the human scalp.

Adult lice are the size of a sesame seed and baby lice are even smaller.

Nits are the tiny, teardrop shaped lice eggs that appear white or yellow in color. Nits attach to hair close to the scalp and can often be found at the nape of the neck or behind the ears. Nits may look similar to dandruff, but cannot be easily removed or brushed off.

Head lice move by crawling. They are most often spread by direct head-to-head contact.

If you find head lice on your child it is important to **notify** the school and any **close contacts** your child has had for the past month. This will ensure that your child will not become re-infested down the road.

Be a role model by advocating "**NO BLAME & NO SHAME**" to help reduce lice in our community.

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