

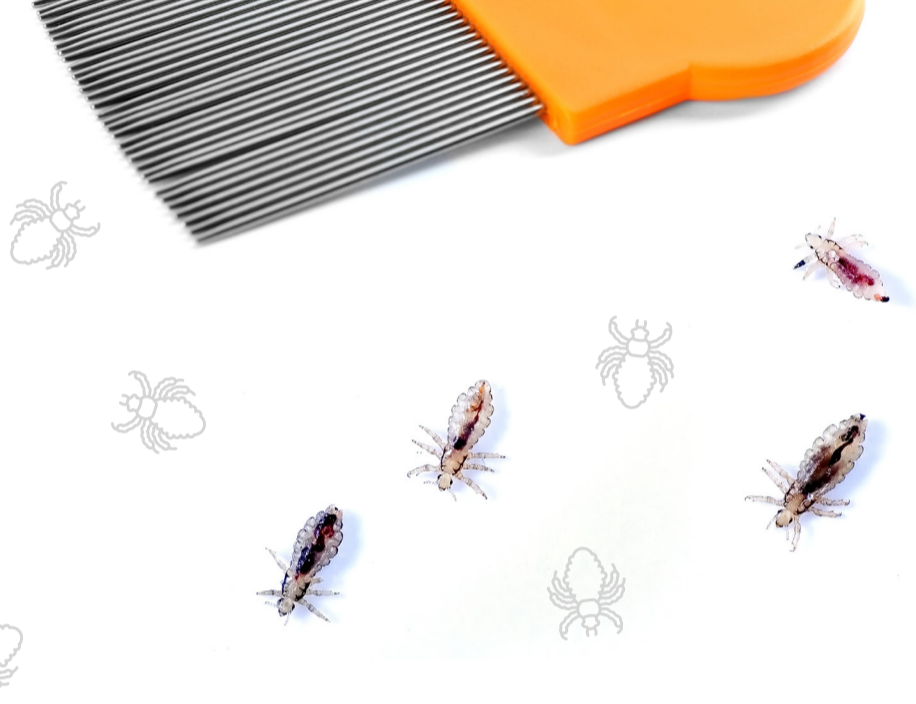
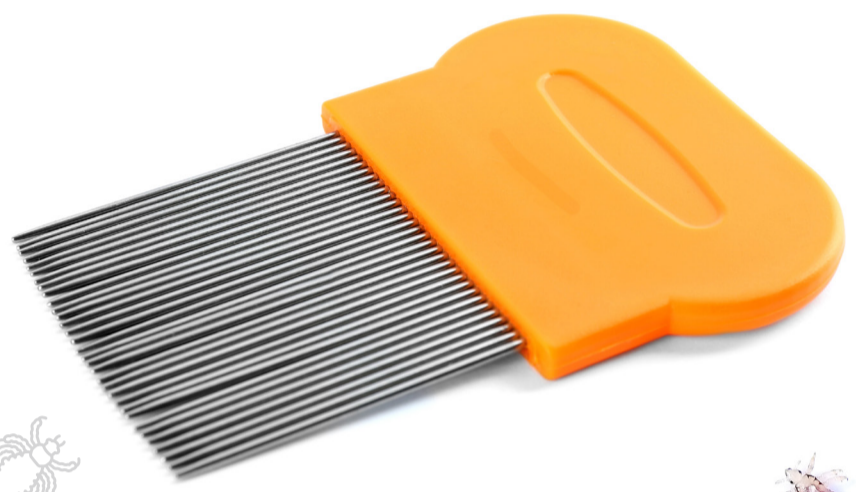
Staying Ahead of Head Lice



As schools are back in session, be proactive in preventing lice. **During National Head Lice Prevention Month this September, take steps to keep lice out of the classroom—and your child’s hair.**

A Look at Lice

- Also known as *Pediculus humanus capitis*, adult lice are between 2 and 3 millimeters.
- Female head lice can live for a month. Mature lice lay up to 10 eggs (nits) a day.
- Head lice survive on human blood from the scalp and spread when an unaffected person touches infected clothing, bedding, brushes or combs, or is in direct head-to-head contact with a person who has lice.
- Anyone can get lice, and the bugs aren’t a sign of poor hygiene.



Signs and symptoms of head lice

Lice can lead to:

- A crawling sensation
- Itchy scalp
- Scratching
- Sores on the scalp

You may also see lice or nits in the hair.

No More Bugging

- To prevent lice, avoid sharing hats, combs and other items that touch the head. Wash and dry at high heat any items touched by someone with lice.
- Remove lice eggs with a nit comb or by using over-the-counter medication. Pay close attention to the neck and behind the ears. If that doesn’t work, ask your provider for prescription medication.
- It can take a few weeks to get rid of lice. Fortunately, they aren’t dangerous, and they don’t spread disease.



**Keep your family healthy this school year.
Find a provider at weillcornell.org/doctors**