

## LICE FACTS

The following are some facts about head lice which may be beneficial in understanding this condition. This information has been retrieved from reports published by the Center for Disease Control and the American Academy of Pediatrics.

- Head lice can be a nuisance but have not been shown to spread disease. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.
- Nits are glued to the hair shaft by a cement-like substance and are very hard to remove. They are very unlikely to be transferred to other people.
- Misdiagnosis of nits is very common during nit checks conducted by nonmedical personnel.
- Head lice are spread through direct head-to-head contact. The lice do not hop, jump or fly. Although spread through hats or helmets is possible, it is rare. It is more common for transmission to occur from pillows, hairbrushes or sheets.
- All household members of the person identified with head lice should be checked and those with live lice or nits should be treated. The treatment should be a safe lice shampoo, free of harmful chemicals, readily available without a prescription, easy to use and inexpensive.
- There is no clinical evidence of the effectiveness of alternative home treatments.
- Washing, soaking or drying items at temperatures greater than 130 degrees F will kill stray lice or nits. Furniture, carpeting, car seats and other fabrics or fabric-covered items can be vacuumed.

For more information visit the following websites:

<http://www.cdc.gov/parasites/lice/head/>

[www.ndhealth.gov/head-lice/publications/headlicebooklet.pdf](http://www.ndhealth.gov/head-lice/publications/headlicebooklet.pdf)

<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/AAP-Updates-Treatments-for-Head-Lice.aspx>

