

Stopping the spread of head lice

What are head lice?

Head lice are tiny insects, the size of a sesame seed, that live on the scalp. They lay tiny eggs (nits) that turn into insects (lice). They do not jump, fly, swim, or live on cats or dogs.

Head lice are common among school-aged children and **are not a sign of being unclean**

How do lice spread?

Head lice are most commonly spread through direct head-to-head contact. They can also spread by sharing personal items like hats, helmets, and hairbrushes.

How can I prevent head lice?

- Remind children to avoid head-to-head contact
- Don't share hats, hair bands, hair accessories, helmets, headphones, towels, or scarves
- Tie long hair back in a ponytail or braid
- Check your child's head once a week, especially around the ears and the neck area.

Learn more about prevention and treatment on [Grand Erie Public Health's website](#).

