

# The Trouble with Lice

Head lice are not just a winter or back-to-school problem. Lice are around all year long: spring, summer, fall, winter. In other words, don't let your guard down when it comes to lice.



**Don't rely on itching as the prime indicator of a lice infestation.** Itching is an allergic reaction to the lice's saliva. However, 50% of people with lice are allergic to lice bites. And because lice are so tiny, you cannot actually feel their bite.

**Lice do NOT prefer dirty heads.** Lice like clean hair, but they also like dirty hair too. Not washing your hair doesn't prevent lice.

**Lice generally transfer from head-to-head contact.** Kids bumping heads, playing closely together, and at sleepovers are most likely to transfer or get lice. Lice can live off a head for up to 24 hours, jumping to a different head of hair after sitting on a

strand of hair caught in a comb or brush that goes through another person's hair.

**Inspecting hair with the wet combing method is the most reliable.** Using a WelComb finely-toothed comb (through wet hair) is the best way to inspect hair for lice and nits and the most effective way to remove them.

## Want to Learn More?

*Find more information on lice prevention and other topics relevant to your school nursing practice here.*

