

**HEADING BACK TO SCHOOL  
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**With the start of the school year we need to educate our children on ways to decrease their risk of getting head lice.**



**According to Marcy McQuillan at Nitless Nogins, “Typically it’s younger children I treat, because they’re at higher risk for head to head contact. But now teens are sticking their heads together to take cell phone pics. Selfies are fun, but the consequences are real.”**

**If you are going to take a selfie, with a friend, do not allow your hair/heads to touch.**

**Pictured in this selfie are Stephanie Sullivan, and myself.**

**Head lice facts:**

**Head lice move by crawling, they cannot hop or fly.**

**Dogs, cats and other pets do not play a role in the spread of head lice.**

**Head lice are spread, most commonly, by direct contact with the hair of a person who has lice. Head to head contact is the most common way to get head lice. This is why younger children are most likely to get head lice, their personal space is much less than that of an older child. This may occur with sports activities, playground recess, slumber parties and camp.**

**Head lice is rarely spread by clothing; such as hats, scarves and coats; or combs, brushes, hair barrettes, towels and stuffed animals; or lying on a bed, couch, pillow or carpet. However, spread by this method can occur.**

**Personal hygiene or cleanliness has nothing to do with increasing your risk of getting head lice. Socio-economic class also has nothing to do with increasing your risk of head lice.**

**If your child gets head lice notify the school nurse. All household members and other close contacts should be checked for head lice. Persons with evidence of head lice should be treated with an over the counter or prescription medication.**

**You don't need to spend a lot of time or money on housecleaning activities. To avoid a reoccurrence: Machine wash and dry clothing, bed linens, and other items that the person wore or used during the 2 days before treatment using the hot water laundry cycle and high heat drying cycle. Clothing and items that are not washable can be dry-cleaned or placed in a sealed plastic bag and stored for 2 weeks. Soak combs and brushes in hot water (at least 130°F) for 5–10 minutes. Vacuum the floor and furniture.**

**Information for this article was obtained from, “Centers for Disease Control and Prevention.”**