



Head Lice

***Are you
'Scratching
for Answers'?***
***- A resource for
children***

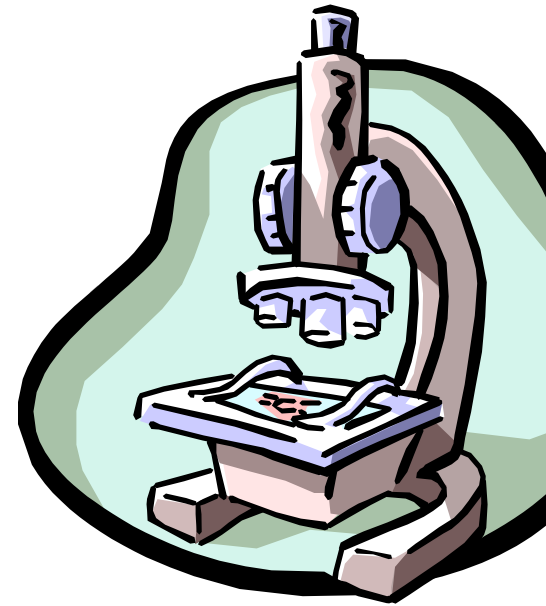
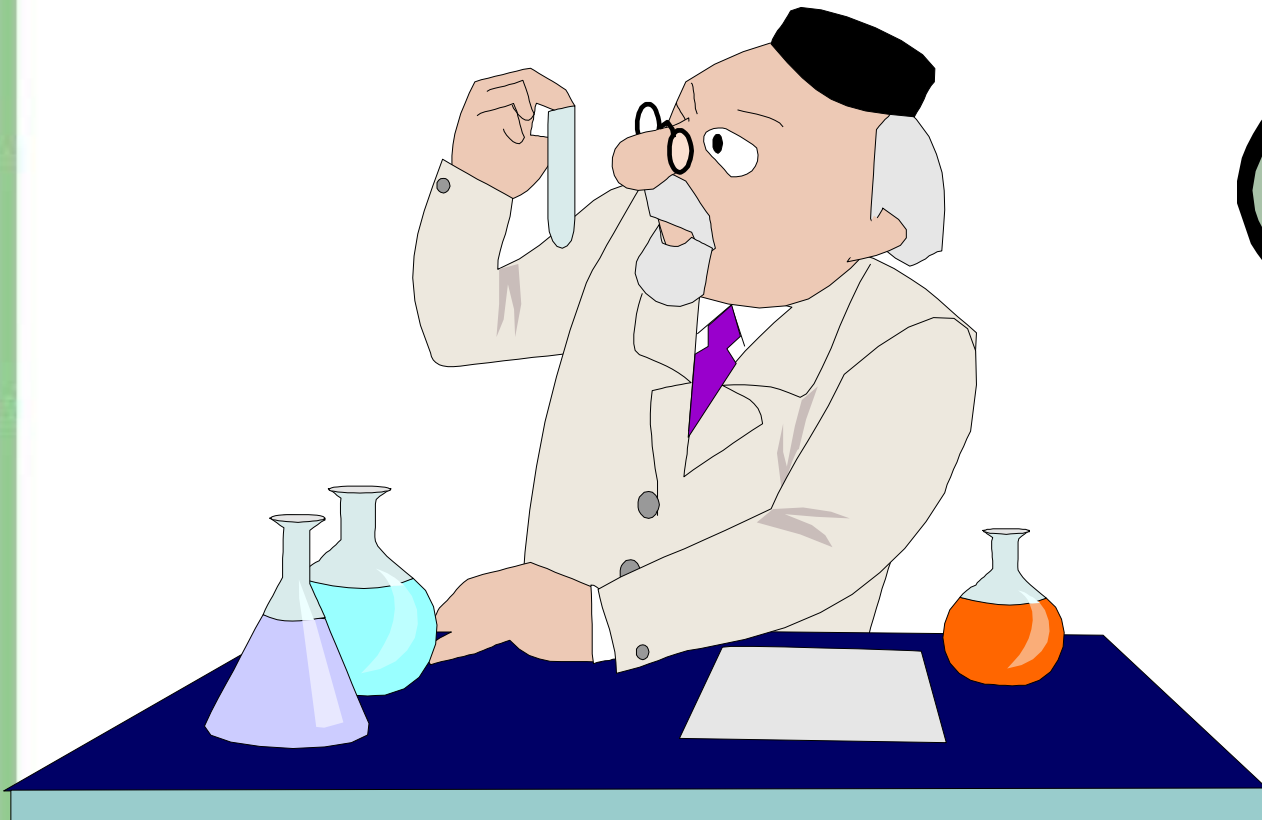


What are head lice?

What do we
know about
head lice?



*Lets ask the nutty (nitty)
professor-
Dr Rick Speare*



Who gets head lice?

Only
people
do!





A Common Myth about Head lice

Head lice can make you very sick

False!

They are in fact harmless
and do not spread disease!

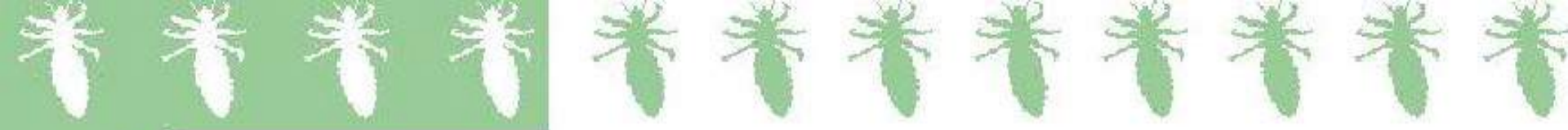


Another Common Myth about Head Lice

All children scratch when
they have head lice

False!

Less than half do.

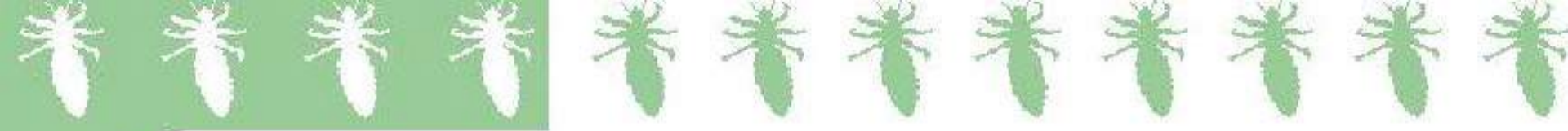


True or false?

Head lice can fly and jump from one head to another

False!

In fact, head lice don't jump but do crawl very fast!



True or false?

It is good to use chemicals on the whole family when you have head lice.

False!

You don't have to use chemicals at all, and if you do, only on those family members with **live** head lice.

Where do they live?

Head lice
only live
o n o u r
heads.



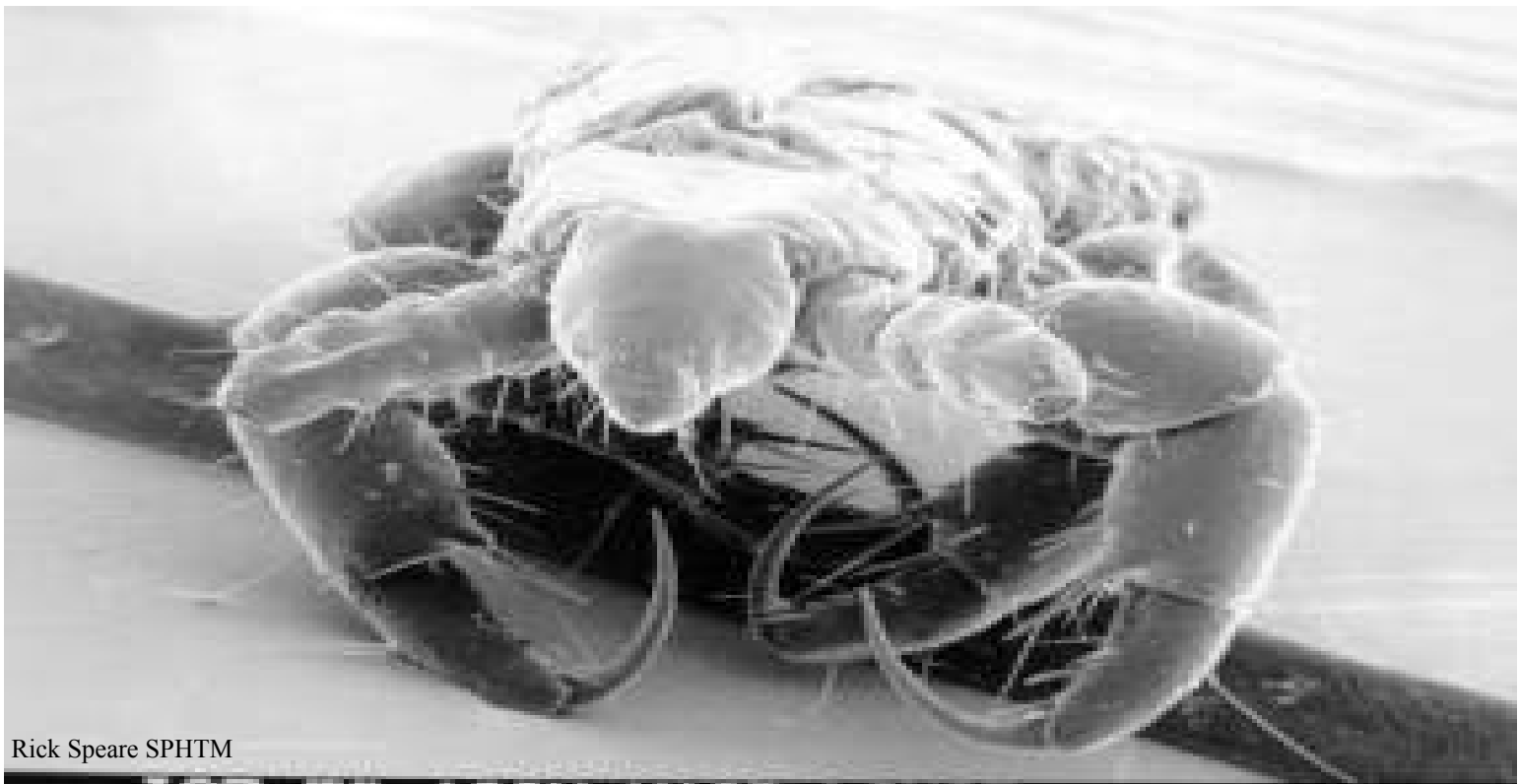
How do we get head lice?

- **Head lice crawl from one head to another when we have our heads very close to another person. These people may include:**
 - **Close friends,**
 - **Class mates,**
 - **Work mates,**
 - **Your brothers and/or sisters.**



What do head lice look like?

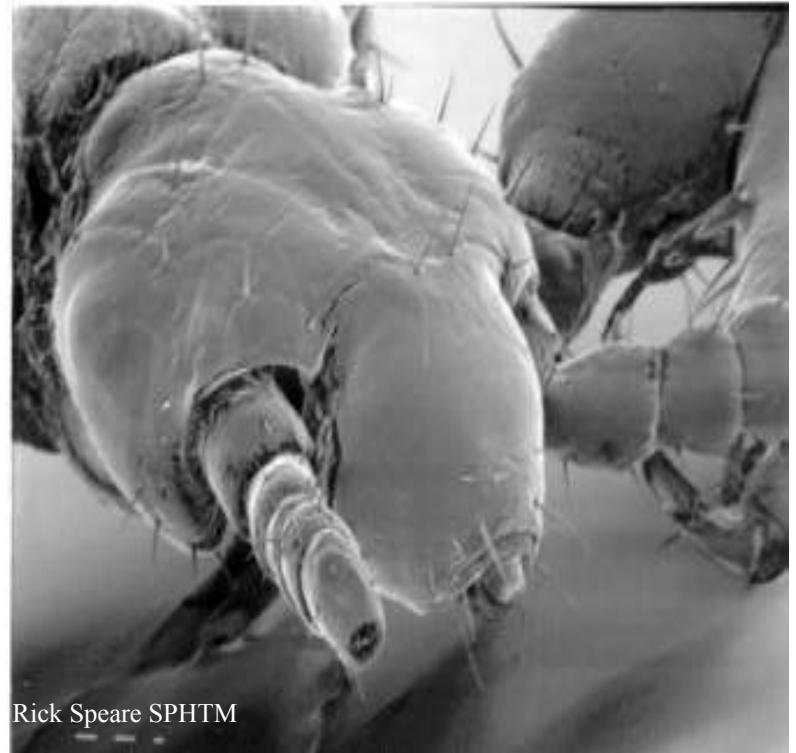
Here's a close up photo of what a head lice (or louse) looks like



Rick Speare SPHTM

How do head lice feed?

- Head lice crawl up to the scalp to suck their blood meal 3 to 4 times per day



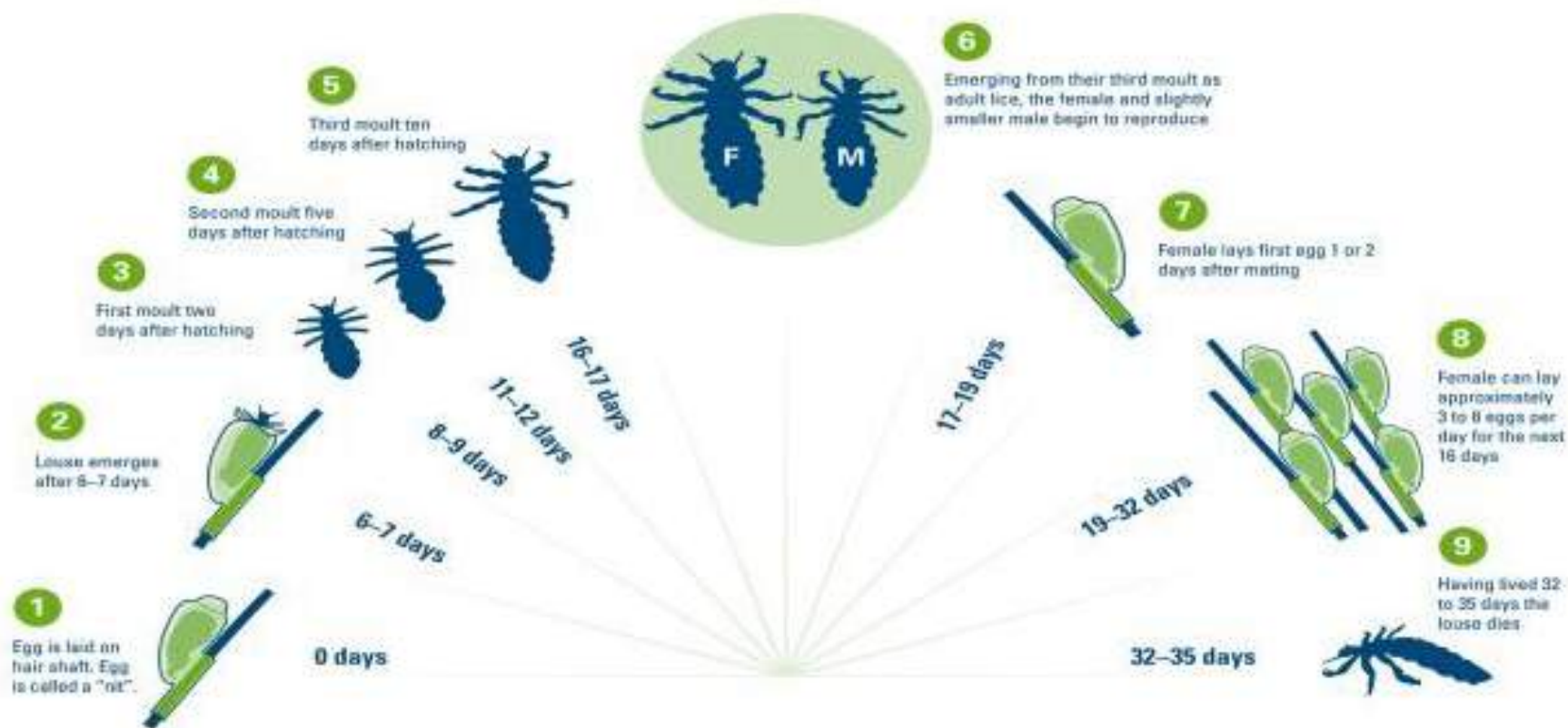
Rick Speare SPHTM

Head lice are like trapeze artists

- Head lice cling to the hair really well with their claws
- Head lice crawl and can swing from hair shaft to hair shaft

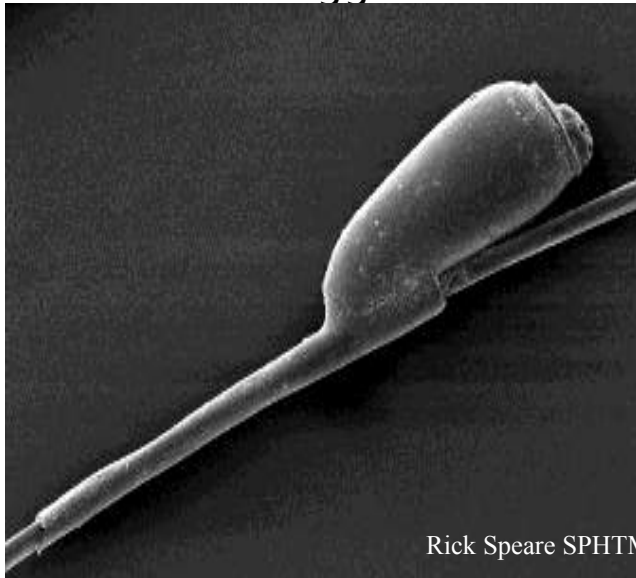


The lifecycle of the head louse



What is 'a Nit'?

A photo of a nit, or head lice egg.



- Head lice eggs, or 'nits' are stuck to the hair with a special "glue"
- These eggs hatch

How can we avoid getting head lice?

- Check your hair every week for head lice using the “combing and conditioning” method
- Tie your hair up during the day



How do I look for head lice and/or nits?

You will need:

- White conditioner
- A normal comb
- A head lice comb
- Tissues
- A parent or guardians help



What should I do if I have head lice?



- **Tell** all your friends as well as your school teacher
- **Check** everyone's hair in your family
- **Get rid of them using** the "combing and conditioning method" every 2nd day until you haven't found any head lice for 10 days **or** with head lice treatments (*if you use head lice treatments, make sure you check that it has worked and re-treat again in 7 days*)
- **You can go back to school once you have had a head lice treatment**



Need more information??

- Look at these great websites:

www.health.vic.gov.au/headlice

www.nitpickers.com.au

www.jcu.edu.au/school/phtm/PHTM/hlice/

www.health.qld.gov.au/headlice

- Talk to your DHS School Nurse
- Call the Department of Human Services on (03) 9637 4126

*Good luck and happy
hunting!*

