

HEAD LICE

cooties, nits, kutus

Prevention: Keep long hair tied up. Don't share hairbrushes, hair ties or hats. Brush hair every day. Check hair weekly. Anyone can get headlice, it doesn't matter how clean the hair is.



FREE
Doctor visits
for 14 years
and under
enrolled patients
only

Early signs

Itching at the back of the neck behind the ears, at the top of the head.

Check at least once per week.

If it gets worse

See your doctor.

It is free for children under 14 years of age to see the doctor that they are enrolled with. Prescriptions are free for children 14 years and under.

What to do

Wet hair, put on a thick layer of white conditioner. With a fine tooth comb start at the scalp and brush all the way to the ends. This helps find live lice.

Keep long hair tied up.

Do not use hair dye, kerosene, fly spray or animal flea treatments as this may harm children.

Ordinary shampoo or soap does not kill headlice.

Headlice treatments are also available from a doctor or pharmacist/chemist.

It is important to treat again in 7-10 days to kill lice that have hatched from eggs.

How is it spread?

- Spread by contact with clothing (such as hats, scarves, coats) or other personal items (such as hairbrush or towels)
- Headlice crawl. They do not jump or swim