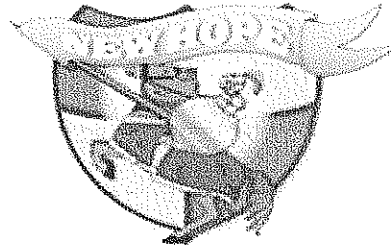


# HEAD LICE INFORMATION



## 5 TIPS TO HELP AVOID HEAD LICE DURING THE SCHOOL YEAR

**HEAD LICE CAN OCCUR ANY TIME OF YEAR BUT OCTOBER – MARCH IS PEAK HEAD LICE SEASON!**

For more health information, Visit the [Clinic Corner Link](#) on the New Hope Elementary Web Page

### 1. **Know the Symptoms – Knowledge is Power!**

Visit online sites to learn and view actual pictures of Head Lice and learn as much as possible!

### 2. **Teach Your Child – The Importance of Not Sharing Certain Items**

Head Lice commonly affects young students in school. It is important to closely monitor situations in which children may share certain objects:

- Hats / Headbands/Hair Accessories/Sports Head Gear/ Holiday Costumes /Beds / Pillows / Combs & Brushes / Jackets / Hoodies
- Avoid sharing any objects that promote direct head-to-head contact

### 3. **Be Aware! Keep an Eye on Things**

If participating in sleep-overs or group camping events, check your child's hair as soon he/she returns and continue to check throughout the next few weeks to make sure no Head Lice have been brought back! Be aware that visiting relatives can also be head lice carriers!

### 4. **Check Your Child Weekly – The Best Defense is a Good Offense!**

- It is good practice to check your child's hair at least once per week throughout the school year.
- Check hair at least two times per week during peak Head Lice season (October – March).
- Head Lice may not produce noticeable symptoms until a week or so after they have moved in. Finding them early is your best chance of eliminating them more quickly.
- Use a fine-toothed comb when doing your regular, visual check-ups. Combing through wet hair after a shower or washing hair is the best time to check. Also, checking outside in bright sunlight makes it easier to spot lice eggs and adult Head Lice.

### 5. **Use Styling Products and Specific Hair Styles – Head Lice LOVE Clean Hair!**

Believe it or not, Head Lice actually prefer CLEAN hair. It is difficult for their eggs to attach to hair strands that are oily or that have styling products applied. Head Lice cannot fly or jump but they do crawl VERY fast and long hair makes it easier for them to crawl up clothing and right into hair!

- Avoid shampooing daily and allow hair to become slightly oily
- Use styling products and gels to discourage Lice from wanting to crawl into hair
- Keep long hair pulled up! Use a pony tail, braided and pulled up or on top of head in a bun