

# HEAD LICE

## WHAT ARE HEAD LICE?

Head lice are small insects that live close to your scalp. These insects eat your blood to survive, but aren't known to spread disease.

## WHAT SHOULD I KNOW?

Head lice are common in children. These insects spread when you have head-to-head contact with someone who has lice.

## HOW DO I KNOW IF I HAVE IT?



Feel tickles on your head.



Have trouble sleeping at night.



Scratch your head until you get sores.



See specks or white insects in your hair.

## HOW CAN I PREVENT IT?



Don't touch your head to another person's head.



Don't share items like hats or brushes.



Don't lie down on the same bedding as someone with lice.

## TREATMENT TIPS



- Use medicine from the store to treat lice.
- Comb your hair with a nit comb 8-12 hours after treatment.

## WHEN TO ASK A DOCTOR?

Contact your doctor if you still have head lice after a full treatment (as listed on the instructions). They may want to give you stronger medicine like Ivermectin.

To learn more, visit the [Head Lice](https://www.cdc.gov) webpage at [www.cdc.gov](https://www.cdc.gov).