

## **HEAD LICE TIPS: How to Detect the Warning Signs**

With seemingly no warning, a person can become infested with head lice. But in truth, there are warning signs to alert you to the presence of head lice. If you take action at the first sight of these warning signs, you can help prevent the head lice from spreading.

Symptoms: For most people, itching is the most common symptom of head lice. However, not everyone who is affected has itching so it is important to check all students.

Locations: Look for red marks behind the child's ears and on nape of his/her neck, as these spots are where head lice typically gather. However, lice and their eggs (called nits) can be found anywhere on the head.

Appearances: Lice are sometimes hard to see, because they're tiny, brown, and move to avoid light. But nits are tiny, whitish, and are firmly glued to the hair shaft, usually near the scalp. Nits might be mistaken for dandruff, but unlike dandruff, nits cannot be easily brushed off or removed by normal shampooing and washing.

Seasons: Increased incidence of head lice infestations occur most frequently in the fall, between August and November, however, head lice is prevalent year-round.

Problems: Because nits adhere to the hair with a very strong, glue-like substance, it can be difficult to remove every nit. But it is critical to remove every single nit from the head, since even one living nit can lead to a re-infestation.