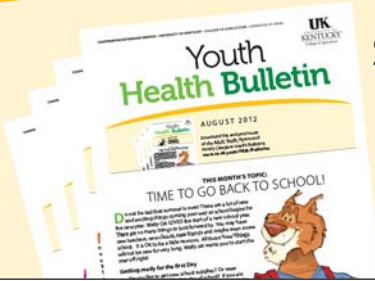


Youth Health Bulletin



SEPTEMBER 2012

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THIS MONTH'S TOPIC: LICE: ITCHY ICKY!

Have you ever had lice? Lice do not hurt, but they often make your head itchy. Many people around the world get lice. In fact, you may have already heard about lice, especially if you go to school. Lice spread easily at school. If someone in your class has them, you may get them too.

What are lice?

Lice are very small bugs. A full-grown bug is about the size of a sesame seed. Lice need to stay close to the skin to both eat and stay warm. They have little, sticky feet, which help them to stay in the hair.

Once lice start living on the head, they can live up to 30 days. They also start to lay eggs — up to 8 a day. If there are little yellow, tan, or brown eggs, the egg has not hatched. If the egg is white then the lice have hatched.

Continued on the back →



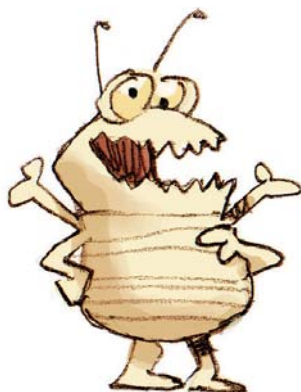
Every year, between 6 and 12 million people worldwide get head lice. Most of those millions are kids!

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Anyone can get lice

Lice will make themselves at home on anyone's head. Lice often spread at school because kids share a lot of things. Lice spread when kids share things like hats, clothes, brushes, headbands, blankets, or pillows. If someone who has lice shares one of these things with you, you may get lice. Lice cannot jump or fly.

I LOVE EVERY-BODY!



What happens if I get lice?

If you feel like you have an itchy head, tell an adult! Most adults or even a school nurse will be able to look for lice eggs. If you have lice, an adult will buy a special shampoo, cream, or lotion that will kill the lice. An adult will also comb your hair with a fine tooth comb to remove the bugs. It may take a few times before all of the lice are gone.

If you have lice, it is important to wash all your bedding, stuffed animals, if you have them, hats, and clothing in very hot water. If something cannot be washed, it can be stored in an airtight bag for 10 days to make sure all of the lice have died.

An adult will also need to vacuum the carpets and upholstered chairs. If a car seat or booster seat is used that should be cleaned as well.

Sometimes it can be hard to get rid of lice. An adult may need to talk to a doctor. There are other medicines that a doctor may ask you to use.

Can you avoid getting lice?

There are some things that you can do to avoid getting lice:

- Do not put on hats that are not yours.
- Do not use someone else's comb, brush,

barrettes, or other hair accessories.

- Do not share you comb, brush, hats, or other items that go on your head.

Having lice is not fun. There are certainly ways to remove the bugs, it just takes time. Remember to talk to an adult if you head starts to itch!

Word Scramble

CLIE: _____

OPOHAMS: _____

HCITY: _____

ANSWERS: Lice, Shampoo, Itchy

SOURCE:

Nemours KidsHealth. Lice aren't so nice. July 2010 accessed at http://kidshealth.org/kid/ill_injure/sick/lice.html#



Keep YOUR Hat to YOURSELF.

Youth
Health Bulletin

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