

## HEAD LICE AWARENESS

Outbreaks of head lice are common throughout the school year. Although head lice are a nuisance, **head lice are not a health risk.**

Head lice spread quickly by close, head-to-head contact. Lice cannot live on furniture or carpet, and they cannot jump or fly. There may be few or no symptoms, but itching may occur.

You can help by:

- ◆ Checking your child's head with the wet-combing method of detection once a week throughout the school year.
- ◆ Encouraging your child to wear their hair tied back, and avoid touching heads with other students.
- ◆ Using the wet-combing method of treatment if you notice lice on your child's head.
- ◆ Telling the classroom teacher if your child has head lice, so other parents can be notified.

For more information contact:

- ◆ Your local Health Unit
- ◆ Review the pamphlet "Wet Combing – How to Get Rid of Head Lice" available at your school and health unit

### Health Units:

Esquimalt	250-519-5311	Salt Spring Island	250-538-4880
Outer Gulf Islands	250-539-3099	Sooke	250-642-5464
Peninsula	250-544-2400	Victoria	250-388-2200
Saanich	250-519-5100	West Shore	250-519-3490