

# 4 Myths About Head Lice



1

## MYTH: HEAD LICE IS CAUSED BY BAD HYGIENE.

**FACT:** While bad hygiene can prolong a lice outbreak, it won't cause one. Prevent lice by not sharing brushes and avoiding contact with the heads and shoulders of others.



2

## MYTH: SCHOOLS HAVE TO SEND KIDS WITH HEAD LICE HOME.

**FACT:** The CDC recommends that students diagnosed by the school with head lice can stay in class until the end of that school day and return to class as soon as they begin treatment. Check with your school to see if they use a stricter policy.



3

## MYTH: YOU DON'T NEED TO SEE A DOCTOR TO BEGIN TREATMENT.

**FACT:** It's pretty common for people to mistake dandruff, scabs, dirt, or other small bugs for head lice. Anytime you begin a new course of treatment, it's a good idea to check with your doctor or at least a



4

## MYTH: HEAD LICE CAN'T SURVIVE MORE THAN 24 HOURS WITHOUT A HOST.

**FACT:** That's true of adults, but head lice eggs (called nits) can sometimes survive without a host before hatching. That's why it's important to bag and wash all clothing, bedding, towels, toys, etc. when treating.

