

# CLIFF'S NOTES:

## WHAT TO KNOW ABOUT HEAD LICE

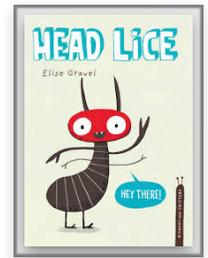
### Lice Knowing You



Did you know lice like clean hair? Did you also know lice cannot jump and only crawl? These are just two facts that are important to know when talking about lice.

The Department of Education (DOE) requires schools to notify families when an infestation occurs in a classroom so that parents can take appropriate measures with their families. If this happens, take action as soon as possible, you can take steps to prevent the spread of lice among children and adults.

Here are some tips on how to prevent the spread of lice and keep those pesky little critters at bay!



### Avoid Spreading Lice

To reduce the chance of you or your child catching a case of head lice, start by not sharing items that touch the head.

It may be tempting to share personal belongings, especially for kids, but lice can crawl from an object to your head. Avoid sharing:

- combs and brushes
- hair clips and accessories
- hats and bike helmets
- scarves and coats
- headsets and earbuds



### Get a Head Start

Because lice are tiny and fast, infestations are usually identified by the presence of nits. These lice eggs are attached to strands of hair and are easier to spot. If they are easily removed, it's probably just dandruff or lint. Check your child once a week and look closely at the back hairline and behind the ears, where lice tend to populate.

Lice are repelled by certain smells, like tea tree oil, menthol, eucalyptus oil, lavender oil, rosemary oil, lemongrass, and citronella. Choose a shampoo for your child with any of these scents for added protection.

Essential oils can be used in place of or in addition to shampoos and conditioners for added protection. Mix a few drops with water in a spray bottle and spritz hats, jackets, or even your child's head to ward off lice. Multipurpose tea tree, eucalyptus, lavender, rosemary, and lemongrass oils will all do the trick and smell good as an added bonus.

### Find Out More...

To find out more about head lice and the New York City Department of Education, please visit the DOE's website at [www.schools.nyc.gov](http://www.schools.nyc.gov).

