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| **Myths**  | **Truths**  |
| 1. Head lice are easy to get.  | Lice are spread by direct head-to-head contact. They are much harder to get than a cold, the flu, pink eye, or strep throat. Approximately 1 in 100 children will have head lice each year.  |
| 2. Lice are often passed through hats and helmets.  | Rare, but possible. Sharing hair brushes, pillows and sheets are much more common ways of spreading head lice.  |
| 3. School is a common place for transmission.  | School is a VERY RARE source of transmission. Much more common is family members, overnight guests, and playmates that spend large amounts of time together.  |
| 4. Head Lice are a serious disease.  | Lice do not spread any known disease. They are annoying and anxiety producing but cause no disease.  |
| 5. Lice can fly or jump from one person to another.  | Lice only crawl! Further, they prefer to stay on the head currently providing their source of food.  |
| 6. Any nits (eggs) left on the hair can lead to a re-infestation of head lice.  | Nits further away than ¼ inch from the scalp have likely hatched and pose no additional threat.  |
| 7. Nits can fall out of the hair, hatch and cause spread to other individuals.  | Nits are cemented to the hair and very difficult to remove. Also, newly hatched larvae must find a meal immediately or they die.  |
| 8. Lice can live a long time off the head.  | Lice live at the most 24 to 48 hours off the head.  |
| 9. Checking a classroom when one student has head lice can prevent lice from spreading.  | Classroom transmission is EXTREMELY RARE. Checking every student’s head is a waste of valuable teaching time and would likely not find an early case. Checking family members and playmates is much more appropriate.  |
| 10. Once present, it is very difficult to get rid of lice.  | There are new prescription products that have proven to be both safe and very effective for eliminating lice. Contact your primary care provider for treatment options.  |