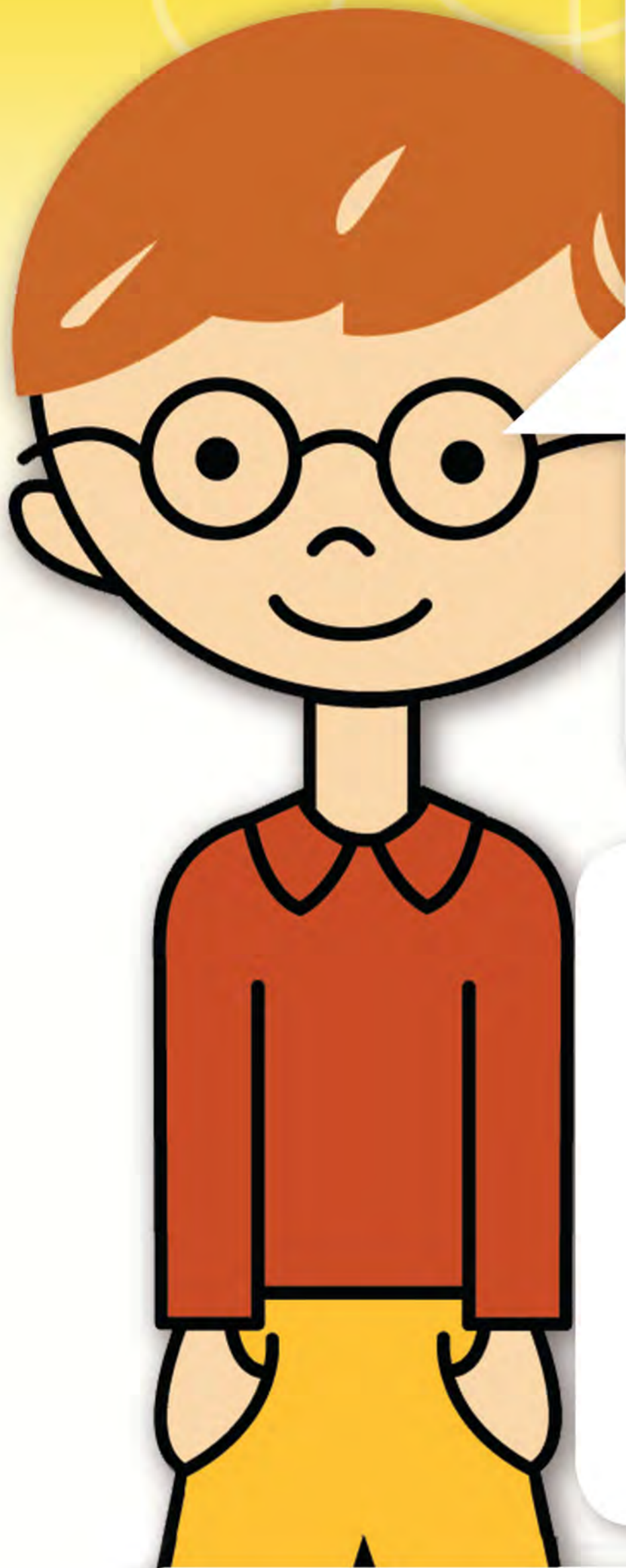


# Head Lice Facts from Max



I'm Max, the head lice expert. I want you to know all about those critters that can make your head itchy and what you can do about them!

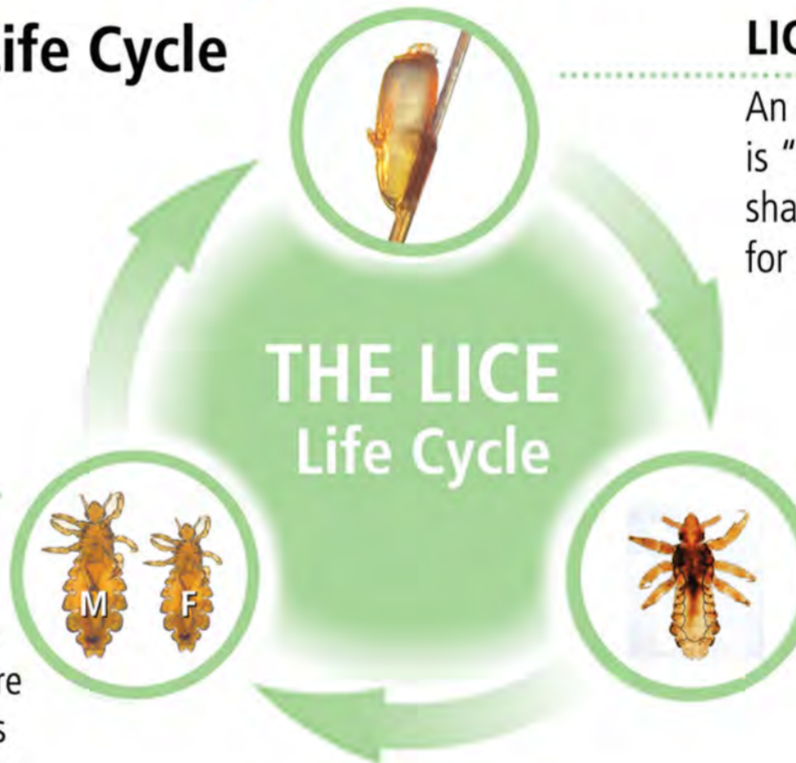
- **What are head lice?** Insects that live in your hair and bite your scalp to suck blood. (Yuck!)
- **How do I get lice?** Through head-to-head contact with another person who has them.
- **What are the symptoms?** Your head might be super itchy, and you may feel the sensation of something moving in your hair.
- **Whom should I tell if I think I have head lice?** Ask a parent or school nurse to look for nits (eggs) and lice in your hair.

Here's how head lice grow and what they look like.

## Head Lice Life Cycle

### LICE ADULT

10 days after hatching, the adult begins to reproduce and will lay anywhere from 50 to 150 eggs over the next 28 days.



### LICE EGG

An egg called a "nit" is "glued" to the hair shaft where it stays for 8 to 10 days.

### LICE NYMPH

The nymph hatches and molts three times over a period of 10 days growing into an adult.

A grown-up must help you use a special treatment kit to get rid of head lice. Be sure to use the special comb that works to comb out nits and lice.



## Keep Lice Out of Your Head and Out of School

1. Keep heads from touching when playing, sharing secrets, hugging, and any other ways your head may get close to someone else's.
2. If your head is itchy, go to the nurse or tell a parent right away.
3. Treat head lice quickly and effectively.



For information on how to prevent, check for, and treat head lice, go to [www.LiceMD.com](http://www.LiceMD.com)