Facing head lice:
IN SCHOOL & IN THE COMMUNITY

It’s time to break the stigma—and separate fact from myth so you can face head lice at school and in the neighborhood.

6-12 million cases per year in 1986\(^1\).

Since then, the population has grown 25% and likely so has the head lice problem.

Equal opportunity insects.

They have nothing to do with socioeconomic status, cleanliness or hygiene\(^2\).

Head lice don’t discriminate (and neither should you).

The stigma is as pervasive as the condition.

It traces back to the 1700s.

Said a poet: “…lice are disgusting, the well-to-do should be protected from them, and the poor deserved them…”\(^4\)

Myths about head lice run in the family.

A story well told...

Parents can socialize their children to have the same beliefs and misperceptions about head lice as they do\(^5\).

References:

5. S. Paladino; 2014 - The infestation of stigma: an ecological system approach to the stigmatization of head lice.

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**YOU'RE NOT A ‘LOUSY’ PARENT!**

**Stop beating yourself up.**

A child having head lice has no correlation or relevance to parenting skills or abilities¹.

**THEM DON’T STALK CHILDREN AT SCHOOL.**

**Think sleepovers and camps³.**

They typically get passed where there is prolonged head-to-head contact.

**THEY WON’T SURVIVE A DAY OR TWO AWAY.**

**Rest in peace, head lice.**

A louse can live ~30 days on a person’s head, but die within 24 - 48 hours away from the body².

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**HE M LICE CAN’T HOP, JUMP, OR FLY.**

**They’re wingless—they crawl.**

In most cases, they can only be spread by head-to-head contact lasting >30 seconds².

**THEY WON’T LIVE IN YOUR CLOTHES, SHEETS OR HAIRBRUSH.**

**They only live on hair.**

Nits (eggs) can only survive in moist surroundings and attached to the hair shaft near the scalp⁴.

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**Facing head lice: AT HOME**

Let’s debunk the myths, break the stigmas and help you get back to focusing on everyday activities.

References: