**CHECK FOR HEAD LICE**

### How to detect head lice

- **Wear gloves**
- **Use your gloved fingers to separate the hair so you can see the scalp**
- **Look for lice, eggs, and bites on the scalp and hair, behind the ears, and near the back of the neck.**

### Prevent lice from spreading

- **Avoid head-to-head (hair-to-hair) contact.**
- **Do not share clothing, combs, brushes, or towels.**
- **Do not lie on beds, couches, pillows, carpets, or stuffed animals recently used by or in contact with a person who has lice.**
- **Disinfest combs and brushes in very hot water for 5–10 minutes.**
- **Machine wash and dry clothing, bed linens, and other items using hot water and the high heat drying cycle.**

### You might have head lice if you have

- **Tickling feeling**
- **Itching**
- **Can’t Sleep**
- **Sores from scratching**

If you think you or someone in your family has head lice, go to the clinic immediately.

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