

HEAD LICE ALERT

Outbreaks of head lice are more common when children start school in September and when they return to school after school breaks. Although head lice are a nuisance, head lice are not a health risk.

Head lice cannot jump or fly. Head lice spread quickly by close, head to head contact and by sharing hats, helmets, combs, brushes, etc. Lice cannot live on furniture or carpet. The most common symptom of head lice is constant itching of the scalp.

You can help by:

- ◆ Teaching your child to not share or borrow hats, hairbrushes, combs, scarves, helmets and hair accessories
- ◆ Checking your child's head frequently (about every 2 weeks)
- ◆ Telling the classroom teacher if your child has head lice, so other parents can be notified

For more information contact:

- ◆ Your local Health Unit
- ◆ The home page of the BC Health Guide at www.healthguide.org and type "head lice" into the BC Health Guide Search box on the left side of the screen
- ◆ <http://www.bchealthguide.org/healthfiles/index.stm>
- ◆ Your doctor
- ◆ Your pharmacist

Health Units:

Esquimalt	360-5600	Salt Spring Island	538-4880
Outer Gulf Islands	539-3099	Sooke	642-5464
Peninsula	544-2400	Victoria	388-2200
Saanich	744-5100	West Shore	478-1757