

## What are head lice?

Teeny, tiny bugs (like sesame seeds) that nest in your hair and suck your blood

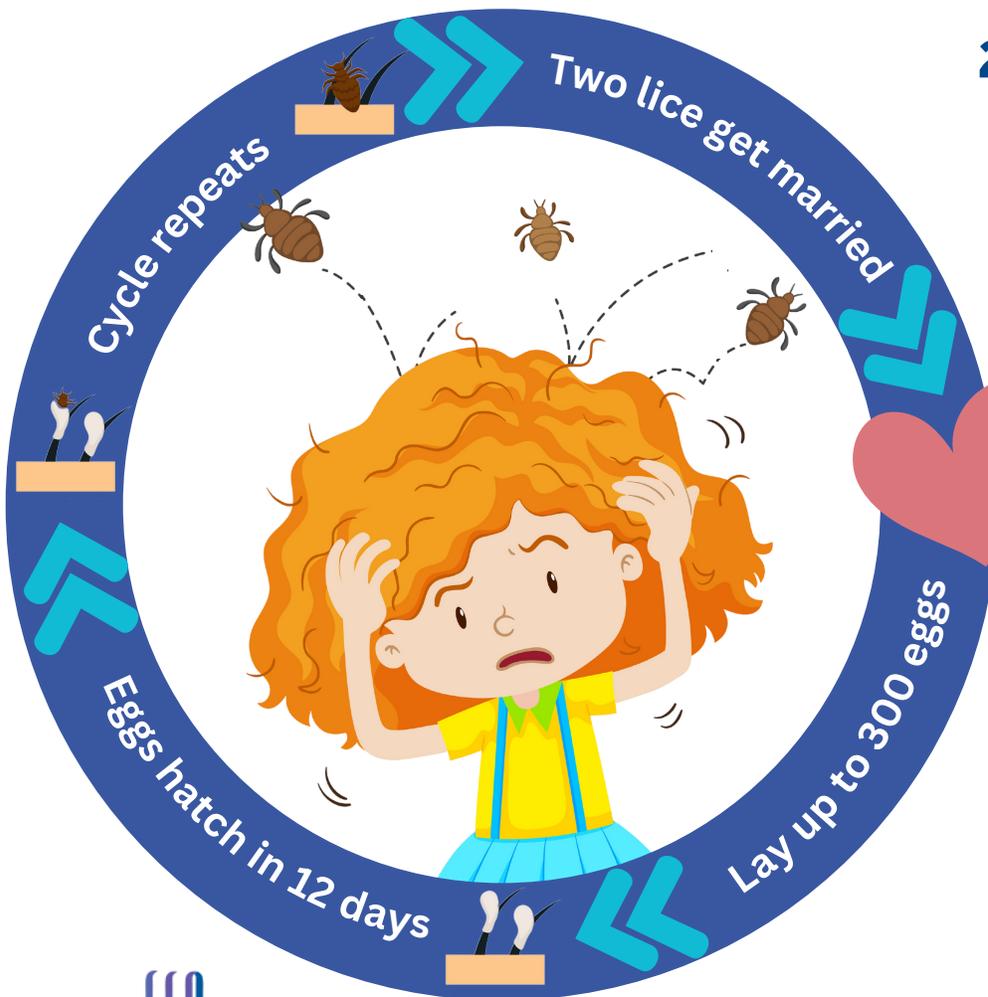
## How can I tell I have lice?

If your head is real itchy, check for little light colored eggs and brown bugs crawling around.

## Where do lice come from?

They can't jump or fly. They crawl from one head to another, or from a comb, hat or jacket that's been shared.

# Break the Lice Life Cycle



### 1. Kill Lice!

Use a non-toxic lice removal kit to remove head lice.



### 2. Remove Nits!



Remove all eggs (nits). Up to 30% of lice eggs may survive standard pesticide based lice treatments. All eggs must be removed to break the lice cycle. Use a special lice egg removal comb to help remove any remaining lice and nits.

### 3. Clean House!

Wash clothes, sheets, combs and blankets. Put toys in a plastic bag for at least 2 weeks and vacuum.



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## Get Help!

Taking care of lice can be expensive. Catholic Charities may be able to help with purchasing items to get rid of lice in your home. Call Catholic Charities to find out more:

**Jamestown:** 716-484-9188  
**Dunkirk:** 716-366-3533