

MYTH 1

Head lice are a sign of poor personal hygiene. Lice prefer dirty hair.

False

It is not a sign of poor hygiene. Head lice don't really discriminate and don't care if hair was washed this morning or last week.

Myth 2

Head lice can be caught through sharing hats.

True

This is true and 71% of mums got 'full marks' believing that head lice can be spread this way. **This is why we encourage all children to have their own hat at school.**

Myth 3

Head lice can jump from head to head.

False

More than half (53%) of mums surveyed thought lice can be caught jumping from head to head when in fact they are unable to hop, jump, or fly at all – **they are transmitted by close personal contact or by sharing caps and hats, brushes and combs.**

Myth 4

Head lice only infest children, adults don't get head lice.

False

This is indeed a myth. Anyone of any age can get head lice but it's generally more prevalent in school age children. Interestingly, nearly 60% of mums surveyed reported that they or their partner had had head lice so it's a good idea to **treat the entire family** if an outbreak occurs.

Myth 5

Head lice can be contracted from swimming pools.

False

Healthy lice are not detached easily from the hair shaft. Any louse found in a swimming pool will be dead or dying and not an infestation risk.

Myth 6

Head lice can be contracted from carpets.

False

Lice need regular blood meals to survive and are very good at staying attached to the hair. If a louse is found on the floor it will be dead or dying and not an infestation risk.

Myth 7

Head lice can be caught from animals ie a pet.

False

Human head lice are very specialised and will only live on human hair.

Myth 8

Head lice are harmful and spread disease.

False

Head lice do not carry any diseases and are not harmful; however, it is possible to have an irritant/sensitization reaction to the saliva of the lice. This will make the skin itchy and rash.

Myth 9

Head lice have become resistant to all forms of treatment so there is no point in buying de-lousing products.

False

While we are seeing resistance to some of the

Myth 10

The only way I can make sure the lice have been exterminated is if I wash and disinfect all the bedding.

False

You do not need to wash bedding to eradicate head lice. A lot of parents

older synthetic pesticides used in lice treatment products; this is only affecting some products. There are many products that are very effective when they are used correctly.

feel more comfortable washing the sheets, and this is not a problem – we all love clean sheets!