<table>
<thead>
<tr>
<th>MYTH 1</th>
<th>Head lice are a sign of poor personal hygiene. Lice prefer dirty hair. <strong>False</strong> 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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Myth 2</td>
<td>Head lice can be caught through sharing hats. <strong>True</strong> 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.</td>
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<td>Myth 3</td>
<td>Head lice can jump from head to head. <strong>False</strong> 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.</td>
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<td>Myth 4</td>
<td>Head lice only infest children, adults don’t get head lice. <strong>False</strong> 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.</td>
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<td>Myth 5</td>
<td>Head lice can be contracted from swimming pools. <strong>False</strong> Healthy lice are not detached easily from the hair shaft. Any louse found is a swimming pool will be dead or dying and not an infestation risk.</td>
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<td>Myth 6</td>
<td>Head lice can be contracted from carpets. <strong>False</strong> 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.</td>
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<td>Myth 7</td>
<td>Head lice can be caught from animals ie a pet. <strong>False</strong> Human head lice are very specialised and will only live on human hair.</td>
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<td>Myth 8</td>
<td>Head lice are harmful and spread disease. <strong>False</strong> 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.</td>
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<td>Myth 9</td>
<td>Head lice have become resistant to all forms of treatment so there is no point in buying delousing products. <strong>False</strong> While we are seeing resistance to some of the</td>
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</tbody>
</table>
| 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!