

# A Children's Health

## Controlling Head Lice

(NAPSA)—Parents can help keep their children from falling victim to a common and sometimes embarrassing health problem—head lice.

It is estimated that 12 million school aged children are diagnosed with head lice every year. In fact, the condition is so common that school principals surveyed by the National PTA named head lice their number one children's health concern.

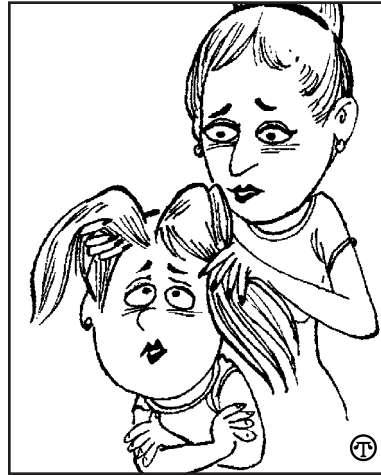
Head lice is characterized by a persistent itching at the back of the head and around the ears. Children with head lice feel a tickling sensation caused by something moving and may have sores from scratching.

To see if your child has head lice, use a comb to separate his or her hair into sections. Look for tiny creatures or rice grain-sized eggs.

The following tips can help parents and children deal with lice:

- **Know how children get head lice**—Direct head to head touching spreads lice. Lice do not fly or jump, they crawl. Tell your children how lice is spread and not to share the following items: hats, hair scrunchies, scarves, combs, towels, linens, nap-time blankets, stuffed animals, dolls or headphones. In addition, children should not hang clothes together in locker rooms or on coat hooks.

- **Know what to do if your child has head lice**—Head lice can be treated with a number of products available over-the-counter. "Treatments that are safe and kid friendly will make your task much easier," says Fran Marseille of the online help group called Lice Angels. "Never use kerosene or gasoline," she says, "and avoid drug store products



**Knowing what to use if a child gets head lice can help you protect your kids from the condition.**

with the ingredients pyrethrin or permethrin—lice are resistant to them." Marseille's group recommends a lice removal kit called HairClean 1-2-3. The product is non-toxic and works in as little as 15 minutes.

After parents wash their children's hair with lice treatment, it is important that they thoroughly comb the hair. The process can take time, but is the only way to remove all the lice.

- **Know how to control lice in your home**—If a family member has lice, machine wash all of his or her clothing, bedding and towels and dry in a hot dryer for at least 20 minutes. Then, soak all brushes and combs in rubbing alcohol or hot, soapy water. Finally, be sure to vacuum. Clean all carpets and furniture, then carefully dispose of or empty the vacuum bag.

For free information, visit [www.quantumhealth.com](http://www.quantumhealth.com) or call free 1-877-LICE-877.