1. **FALSE:** This is a common myth. Lice do not carry or transmit diseases.

2. **TRUE:** The easiest way to spread lice is head-to-head contact. They crawl from one head to the next quickly.

3. **FALSE:** Lice crawl. They cannot jump or fly.

4. **FALSE:** Lice don’t care whether or not you are clean or dirty, they like your scalp. Dirty, clean, and in-between can all get lice.

5. **TRUE:** Lice eggs are called nits. (Have students repeat the words “nits”.) They are little and might get confused with dandruff. They are usually close to your scalp and really hard to get out. You can use a special lice comb to help get them out.

6. **FALSE:** You can treat lice with treatment bought at the store. It takes some effort because you have to treat it a few times, but you can get rid of it! Make sure your parents or an adult helps you.

7. **TRUE:** Sometimes you can get lice from sharing hats. If you have lice, and a louse—that’s singular for lice—(Have students repeat the word “louse”) climbs on your hat, and then your friend puts it on right away, she or he may get lice. The easiest way, though, like we said earlier, to get lice is from head-to-head contact.

8. **FALSE:** Although it’s more common for kids to get lice, adults can get lice too. Anyone can get lice!

9. **FALSE:** You should use shampoo specially made for lice. If the lice don’t go away after following the whole treatment, you can see a dermatologist (a skin doctor) who may prescribe you something to treat the lice.

10. **FALSE:** That’s too little! Getting lice is very common! Between 6 MILLION and 12 MILLION kids between the ages of 3 and 12 get lice each year.

11. **TRUE:** But sometimes you might have head lice and your scalp may take a while to start itching. If someone you know has lice, you should have a parent or nurse check your head. It’s also important to remember that your head might be itching for another reason other than lice; you may have dandruff or eczema.

12. **FALSE:** Lice feed off the blood in your scalp!