

Mayo Clinic Minute: Debunking head lice myths

| Video | Audio |
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| | <p>As kids return to school, they may bring home some unwanted guests in the form of head lice.</p> <p>The wingless insects spread through close contact – not jumping or flying.</p> |
| TINA ARDON, M.D. FAMILY MEDICINE Mayo Clinic | 4:30 "We'll often think about our kids in school or who are playing next to each other for a long period of time. You can also be spread by sharing certain pieces of clothing, such as hats or scarves, things of that nature, and then maybe hairbrushes." |
| | <p>While their bites can cause irritation and infection if left untreated, lice do not carry severe illness.</p> <p>Another myth relates to cleanliness.</p> |
| | 5:35 "Having lice is not a sign of poor hygiene or something that you've done wrong, it can happen really to anyone." |
| | Identifying lice and treating the entire household will help prevent the infestation from coming back. |
| | 4:45 "We can start with some over-the-counter medications easily for patients and families to do at home. Sometimes those are not effective however, so patients may need to contact their pediatrician or family physicians for prescription medications." |
| | For the Mayo Clinic News Network, I'm Alex Osiadacz. |