

# Muffy and the Lice Coloring Sheet

Anyone can get head lice, even me! If you do have head lice, you're not the only one. Your school nurse or teacher needs to know so everyone can work together to get rid of those nasty little head lice.

Why does she think we're nasty? I think we're sort of cute!



- If you have an itchy head, ask your school nurse to check for head lice.
- If you do have lice, the nurse can tell you the best way to get rid of them.
- Don't share hats, combs, or headphones. That's one way that lice spread.

# Head Lice Control

## Tips for Parents

- Anyone can get head lice. It doesn't mean you're dirty.
- Head lice travel from head to head when people share hats, combs, or bedding. Lice can't jump or fly from person to person.
- Head lice are annoying, but they're not dangerous. Head lice do not carry any diseases.
- If your child has head lice, be sure to notify your child's school and afterschool to prevent lice from spreading to other children.
- Ask your doctor or nurse to recommend the best way to get rid of lice. Methods include using a lice comb or medicated shampoo.
- For more information, check the following Web site:  
National Pediculosis Association at [www.headlice.org](http://www.headlice.org)

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# Cómo eliminar los piojos

## Consejos para padres e hijos

- A cualquier persona se le pueden prender los piojos. No quiere decir que uno sea sucio.
- Los piojos pasan de una cabeza a otra cuando las personas comparten gorras o sombreros, peines o ropa de cama. Los piojos no pueden saltar ni volar de una cabeza a otra.
- Los piojos son fastidiosos, pero no son peligrosos. No son portadores de ninguna enfermedad conocida.
- Si el niño tiene piojos, avísele a la escuela y a otros programas a los que asista, para evitar que los piojos se les prendan a otros niños.
- Pregúntele al médico o a la enfermera cuál es la mejor manera de deshacerse de los piojos. Algunos métodos consisten en utilizar un peine especial o un champú medicado.
- Si desea más información, consulte esta página en Internet:  
La de la *National Pediculosis Association* en [www.headlice.org](http://www.headlice.org)

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