

MYTHS  
BUSTED



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### MYTH 1

Head lice are signs of poor personal hygiene. Lice prefer dirty hair.

### FALSE

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.

### MYTH 2

Head lice can be caught through sharing hats.

### TRUE

This is true. Head lice can be spread this way. Schools are advised not to store children's hats in a communal box between breaks.

### MYTH 3

Head lice can jump from head to head.

### FALSE

Many people think that 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.

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### MYTH 4

Head lice only infest children, adults don't get head lice

### FALSE

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<sup>1</sup> 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.

### MYTH 5

Head lice can be contracted from swimming pools

### FALSE

Healthy lice are not detached easily from the hair shaft. Any louse found in a swimming pool will be dead or dying and not an infestation risk.

### Myth 6

Head lice can be contracted from carpets

### FALSE

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.<sup>2</sup>

### Myth 7

Head lice can be caught from animals i.e. a pet

### FALSE

Human head lice are very specialised and will only live on human hair.

Always read the label. Follow the directions for use.  
If symptoms persist, worsen or change unexpectedly, talk to your healthcare professional.

1. Head Lice Survey, September 2012, Galaxy Research, QB15.

2. Speare R, Thomas G, Cahill C. Head lice are not found on floors in primary school classrooms. Aust N Z J Public Health. 2002; 26 (3): 208 - 211.

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### MYTH 8

Head lice are harmful and spread disease

### FALSE

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.<sup>1</sup>

### MYTH 9

Head lice have become resistant to all forms of treatment so there is no point in buying de-lousing products.

### FALSE

While we are seeing resistance to some of the 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.<sup>2</sup>

### 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.<sup>2</sup> A lot of parents feel more comfortable washing the sheets, and this is not a problem – we all love clean sheets! MOOV Head Lice products are effective in destroying, detaching and defending against head lice.

Always read the label. Follow the directions for use.  
If symptoms persist, worsen or change unexpectedly, talk to your healthcare professional.

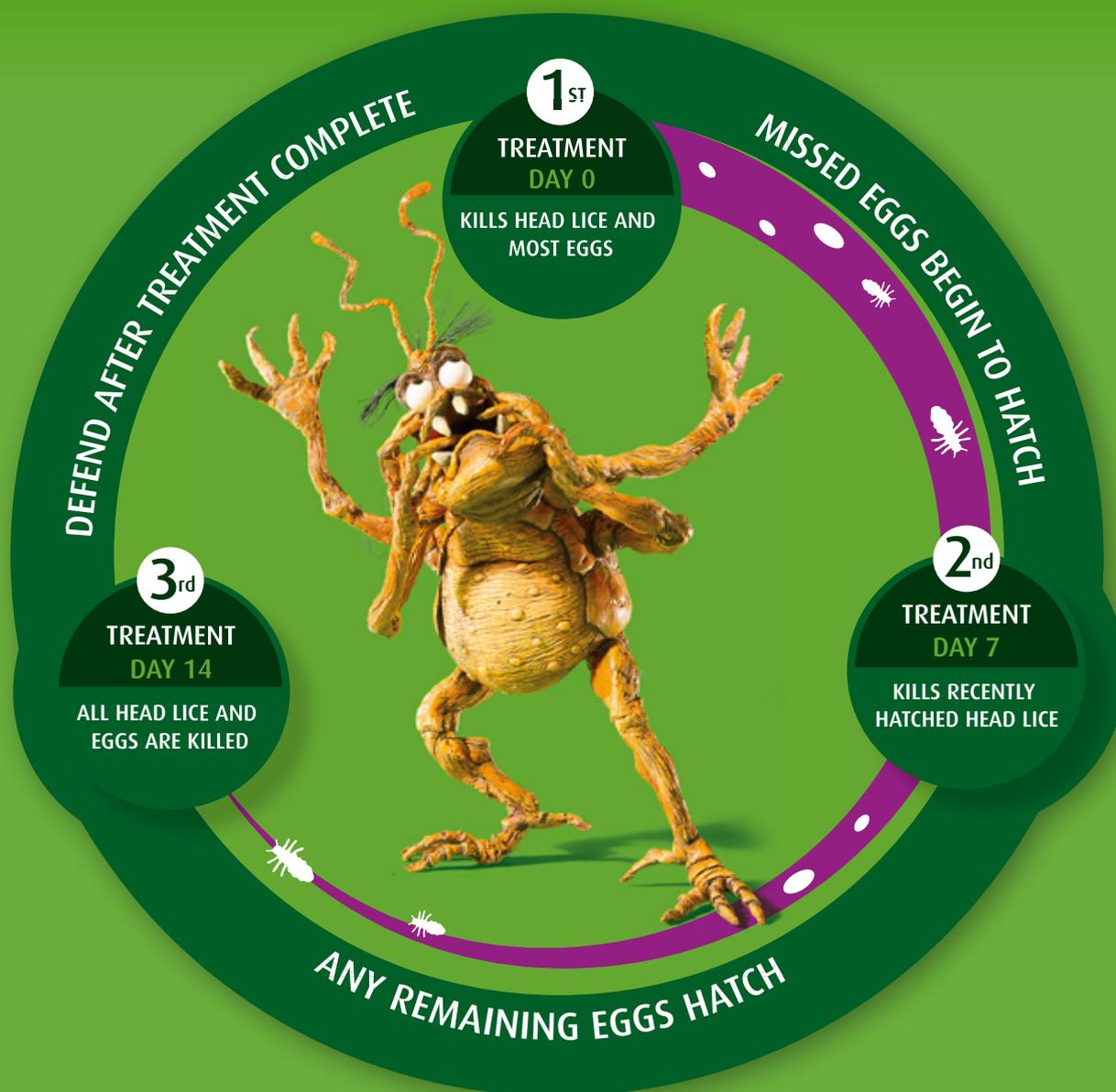
1. Global Health - Division of Parasitic Disease. Centers for Disease Control and Prevention[Internet]. 1/7/2015.

Available from: [https://www.cdc.gov/parasites/lice/head/gen\\_info/faqs.html](https://www.cdc.gov/parasites/lice/head/gen_info/faqs.html)

2. Greive KA, Altman P, Rowe JS, Staton JA, Oppenheim VMJ. A randomised, double-blind, comparative efficacy trial of three head lice treatment options: malathion, pyrethrins with piperonyl butoxide and MOOV Head Lice Solution. Aust Pharmacist. 2007; 26(9): 738 - 743. Research sponsored by Ego Pharmaceuticals.

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## BREAK THE CYCLE