

September Health and Wellness Information



Getting Ready for Back-to-School:

Watch for Head Lice

As children head back to school, it's a good time to be aware of head lice. Head lice are small insects that live on the scalp and are common among children, particularly those aged 3 to 11 years. Having lice is not a sign of poor hygiene and can affect anyone.

Lice do not jump or fly; they spread through direct head-to-head contact and can crawl quickly from one person to another. To help reduce the risk of lice, remind children not to share combs, brushes, hats, or hair accessories.

For information on how to check for and treat head lice, visit: [Head lice](#) | [Caring for kids](#).

Treatment options are available – Talk to your PPN pharmacist

[Find a Pharmacy](#)

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To locate a PPN pharmacy near you visit 360healthpharmacy.ca



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