



# LICE

Small, blood-sucking insects that cause scalp or skin itching

## INFESTATION

Lice are small bloodsucking insects that infest the hair and skin. Head lice leave eggs in the hair shafts and cause uncomfortable itching in the scalp. This type is more common in children. Pubic and body lice are usually passed on from person to person through shared bed sheets and clothing.

### Symptoms:

- Itching of affected area
- Presence of nits or small lice eggs attached to hair strands
- Small, red spots on the skin

### DO:

- For head lice, try commercial anti-lice shampoo. If the formulation does not remove all the lice, try a solution of equal parts vinegar and water on the hair. Wrap the hair in a towel for 15 minutes, and then use a lice comb after.
- Check for lice regularly and continue treatment until all nits and lice have been removed.
- Treat all the affected members of the household to ensure that the lice will not be passed on again.
- Disinfect all combs and hair accessories.
- Wash bed sheets and infested clothing with very hot water. Vacuum infested mattresses, cushions, and furniture.
- Bathe and wash your hair often.

### DON'T:

- Don't share your combs, hair accessories, bed sheets or clothing that may be infested with lice.

# MOLE

Small, circular spot of dark skin

## CAUSES

It has not yet been determined what exactly causes moles to appear on the skin. Most moles are considered harmless. In some cases, though, a change in the appearance of moles may be an indication of skin cancer.

### Symptoms:

- Small, circular spot of dark skin

Take note of the “ABCDE” rule to determine if the mole might be a sign of skin cancer:

- *Asymmetry*: The mole is not symmetrical or half the mole looks different from the other half.
- *Border*: The border of the mole is not smooth but rather irregularly shaped.
- *Color*: The mole has changed color or contains a mix of colors that may include blue, white, red, brown and black.
- *Diameter*: The mole has grown larger recently or it is presently larger than a pencil eraser.
- *Elevation*: The mole is slightly elevated from the surface of the skin or has risen above the skin recently.

### DO:

- Examine your body for moles. Watch the moles you already have, in case any change happen. If you do notice a change, seek help.

### DON'T:

- Don't pick the moles or worry unnecessarily about them. It is not unusual for moles to suddenly appear on the skin and they are usually harmless.