

# Protect Yourself From Lice and Flea Bites

**Lice** and **fleas** are small bugs that bite and cause painful, itchy rashes.

**Two types of lice that bite people are head lice and body lice.** Body lice and flea bites can spread germs that cause serious symptoms and diseases, like murine typhus or a heart infection. Head lice bites do not spread germs.

Anyone can get lice or flea bites. **Do what you can to protect yourself.**

## DO

- ✓ Shower regularly using soap and hot water
- ✓ Wash your clothes and bed linens regularly using hot water
- ✓ Prevent fleas on your pets and service animals by using veterinarian-recommended flea preventative products
- ✓ Check regularly for lice and fleas

## DON'T

- × Share clothes or bedding like sleeping bags
- × Have skin to skin contact with people who have a rash

**Fleas often live on animals**

Fleas on a dog

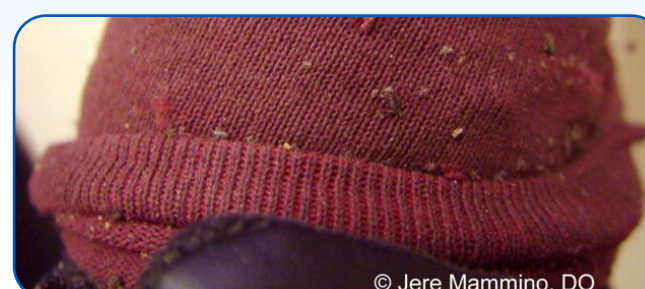


Flea bites on a person



**Body lice live on people's clothes and can be spread by sharing clothes and bedding such as sleeping bags.**

Body lice on a person's sock

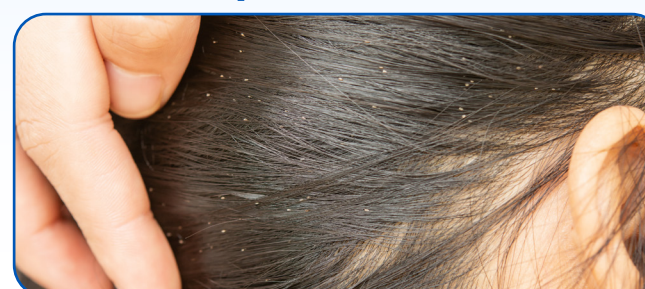


Body lice on a person



**Head lice live on the scalp and can be spread by head-to-head contact and sharing bedding, combs, brushes, and clothing like hats and scarves.**

Head lice eggs in a person's hair



A head louse in a person's hair



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For more information or questions, contact  
**CDC-INFO** at **800-232-4636**.