

# STOP THE SPREAD OF NITS



**✗ DON'T share combs, hair brushes, hair ties or clips**



**✓ Tie up long hair in a ponytail, bun or braid**



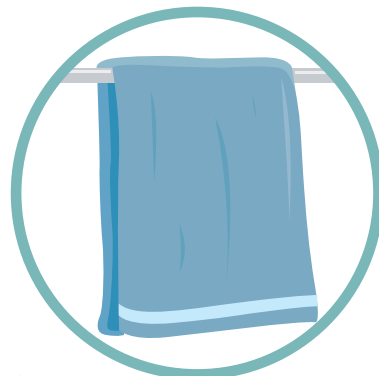
**✗ DON'T share hats or helmets**



**✗ DON'T touch heads**



**✗ DON'T share headphones**



**✗ DON'T share towels**

**! If you have an itchy head,  
● tell a grown up in your home.**

**Health New Zealand  
Te Whatu Ora**