

STOP NIT-PICKING! GO STRAIGHT TO THE PHARMACY FOR A FREE PRESCRIPTION*

FOR MORE INFORMATION CALL 0141 201 4959

OR FOR A LIST OF PARTICIPATING PHARMACIES
GO TO www.show.scot.nhs.uk/glasgowpharmacy





There is now no need to go to your doctor for a prescription for head lice treatment. The same service is available from your local pharmacy. If you suspect that a family member(s) has head lice, first pop into the pharmacy, collect a special free detector comb and follow the simple instructions on this leaflet. On returning to the pharmacy with proof of the infection, the pharmacist or trained assistant will provide treatment for you.

All close family members should be checked at the same time. *If the patient is exempt from NHS prescription charges, no charge will be made. If the patient is non-exempt, the current prescription charge will be made per person. A list of participating pharmacies can be found at www.show.scot.nhs.uk/glasgowpharmacy



THE FACTS ABOUT HEAD LICE

- Head lice are small, wingless insects about the size of a sesame seed. Contrary to popular belief, they do not jump, hop or fly and are only spread by direct head-to-head contact



- Head lice are not dangerous and do not directly cause health problems
- Head lice lotions are the most effective ways of clearing head lice
- If you do not find living, moving lice on the scalp, you do not have head lice and you do not need treatment, even if nits are stuck to the hair shafts. Nits are not head lice, only empty shells
- When the head lice hatch, they leave empty egg cases called nits. These can only be removed by hand or combing. Head lice treatments do not remove them

HOW TO CHECK THE HEAD FOR HEAD LICE

- Wash the hair as normal and comb through
- Divide the hair into layers while it is wet
- Comb each layer using a head lice comb (provided free of charge from the pharmacy)
- Comb from the roots, look closely around the neck and ears
- If head lice are there, they will either fall out or get caught in the comb
- If you find any lice or something you are unsure about, stick it to a piece of paper with clear sticky tape and take it to the pharmacy that gave you the special comb

STICK HEAD LICE SAMPLE HERE

- Please advise the pharmacist of any known medical conditions

IF HEAD LICE ARE FOUND

- Bring a sample, attached to this form or a piece of paper from each infected head, to the pharmacy
- The pharmacist or trained assistant will then discuss treatment options with you
- Tell teachers and playground leaders
- Children may go to school or nursery once treatment has started i.e. after the first application of the treatment
- If your child has had head lice several times within the school term, seek advice from the pharmacist, school nurse or call the helpline 0141-201-0924 (4pm-6pm Tuesday-Thursday)

REMEMBER

- The best way to stop infection is to comb the hair well twice a day with an ordinary comb and check damp hair at least once a week
- Examine damp hair carefully, combing with a fine toothed comb whenever you suspect a head lice infection or whenever you are informed that there has been a possible contact with an infected head
- Anyone can get head lice, whatever their age, hair colour or hair style

APPLYING THE PRODUCT

FOLLOW THE PRODUCT INSTRUCTION LEAFLET CAREFULLY

1. Gently and thoroughly rub the treatment into the hair, making sure the whole head is treated
2. Keep treatment away from the eyes, cover with a towel or some other protection
3. Leave the treatment on for the recommended time. If in doubt, ask your pharmacist. Rinse, then wash with an ordinary shampoo. NB. Do not use a conditioner or shampoo with a built-in conditioner at this stage as this may reduce the effectiveness of treatment
4. Comb and check the hair with a fine toothed comb daily
5. One week later, repeat steps 1-4 again. 3-4 days after the second application recheck the head, if head lice are found consult your pharmacist
6. Continue to comb daily to ensure all eggs are removed. If treatment (2 applications, 7 days apart) has not been effective you should contact your pharmacist