

## 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.



**For more information  
call 0141 201 4945**

[Stick Head Lice Sample Here](#)

MIS 252402

NHS Greater Glasgow and Clyde  
Head Lice Service



# Stop Nit Picking

**Go  
Straight  
to the  
Pharmacy**



**Information on head lice and how your  
Pharmacist can help**

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, some pharmacies will give you a special free detector comb. 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.



## 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.
- Please advise the pharmacist of any known medical conditions.

## If Head Lice are found

Bring a sample, attached to this leaflet 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 and nursery once treatment has started i.e. after the first application of the treatment.
- If your child has head lice several times within school term, seek advice from the pharmacist or call **0141 201 4945** between 9am and 5pm, Monday - Friday.

## 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 tooth 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.