

NHS Forth Valley

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print.

For other languages contact 01786 434784.
For other formats contact 01324 590886,
text 07990 690605,
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SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



NHS Forth Valley Administration Offices
 Westburn Avenue, Falkirk FK1 5SU
 Tel: 01324 678598
 Fax: 01324 617421
www.nhsforthvalley.com

Head Lice

How to check for head lice
How to treat head lice

Information Leaflet

What are head lice?

- Head lice are small insects which live on the hair near to the scalp. They feed on blood through the skin and get warmth for their eggs to hatch. Live lice are tiny (the size of a sesame seed), almost colourless and wingless. They cannot fly or jump, but may be transferred by head to head contact.
- Nits are the empty egg shells which are glued to the base of the hair by a cement like substance. They are pearly white and may be easier to see than the actual louse.
- The head louse hatches out of the egg shell after 7-10 days so it is important to check heads every week. Anybody can get head lice!

Finding head lice?

- Families need to check each others heads using a special detection comb. It is best to check wet hair: wash hair and apply conditioner. Comb hair with ordinary comb to get rid of tangles.
- Take a small section of hair and then comb thoroughly from hair root to end with the detection comb over a light surface e.g. towel or piece of paper. Start at the top of the head and work round and down the scalp.
- Check the comb for lice between each stroke and remove any lice with a tissue before combing the next portion of hair. Clean the comb with washing up liquid under a running tap prior to using it again. Wash off conditioner if treatment is required.

Treating head lice

- *ONE complete treatment consists of TWO applications of lotion SEVEN days apart.*
- If you are sure that you have found a living, moving head louse ensure the heads of all the people in your immediate family, babysitters, close relatives are checked. Treat all **affected** persons at the same time with head louse lotion. DO NOT treat if there are no live head lice seen.
- Wash the affected person's hair with mild shampoo to remove any conditioner or chlorine (from swimming). Dry the hair well and allow head to cool for 30 minutes before applying head lice lotion to clean hair.
- Apply head lice lotion to clean hair.
- Rub lotion in carefully ensuring the scalp and roots of the hair are covered.
- Allow the hair to dry naturally (NO hair dryer).
- Leave on for the time recommended by the manufacturer of the lotion (see instructions on bottle). Do not leave on longer as this can cause skin irritation.
- After correct contact time has been completed wash lotion off using mild shampoo.
- Complete treatment by repeating the lotion application seven days later (see above steps). *"Leaving hair to dry naturally".*
- Use detection comb every 3 days during treatment (daily combing maybe advised in severe cases).

Information

- Your local Community Pharmacist, GP, School Nurse or Health Visitor can give you advice about available treatments. Lotions are available over the counter and on prescription from the GP.

- Remember to let the pharmacist or doctor know if you have asthma, eczema or psoriasis. Some of the treatments are not suitable for patients with certain skin conditions or asthma and alternative products should be used.
- The manufacturers instructions should be followed carefully. If the head lice can still be found after two treatments seven days apart consult your school nurse, health visitor, local community pharmacist or GP again for advice.
- *There are no proven methods of preventing lice but regular combing to detect head lice quickly will help reduce transmission:*

