



# ***Arnold Mill Primary School and Nursery***

**☎ 0115 9667930**

Dear Parents/Carers

We have been advised that some children in school have head lice. To ensure that all children are clear of head lice we would be grateful if everyone could check **ALL** of their family using the following recommended wet combing procedure:

- Wash the hair well and towel dry
- Comb the hair, with conditioner, using an ordinary comb to remove tangles
- Start with the teeth of the detection comb touching the scalp at the top of the head and comb slowly towards the end of the hair
- Look carefully at the teeth of the comb for any head lice. They are greyish-brown in colour and roughly the size of a sesame seed
- You will need to do this over the whole of the head. It will take about 15 minutes
- Keep checking the comb, wiping it on a tissue after each stroke
- This procedure should be carried out every 2-3 days until the head is clear. To ensure head lice do not return, it is recommended that the wet combing procedure becomes part of a personal hygiene routine and therefore should be carried out on a regular weekly basis.

If you have any further queries or require further advice, please do not hesitate to contact your pharmacist, doctor or the school nurse at Arnold Health Centre.

If you are struggling to afford the treatment for head lice, there is a 'Pharmacy First' service provided by Community Pharmacies (chemists). It lets those who are eligible to use the service to get **free medicines** for a range of minor ailments without the need to see your family doctor - including head lice treatment. **ALL CHILDREN UNDER THE AGE OF 16 ARE ELIGIBLE.**

You can access the service at most community pharmacies. We are aware that M N Singh & Sons Chemist and Manor Pharmacy in Arnold use this scheme, you can use these pharmacies if you are registered in Gedling Borough at a local Arnold Surgery.

J James  
Head Teacher



## Patient information sheet

### What is Pharmacy First?

This new service lets those who are eligible to get free advice and medicines for a range of minor ailments. These are ailments which can often be treated without the need to see your family doctor. Pharmacy First offers you the opportunity to see your pharmacist without the need for an appointment.

### Where can I access Pharmacy First?

You can access Pharmacy First at most community pharmacies (chemists). Look for the Pharmacy First logo or ask at the counter.

### What is a Minor Ailment?

A minor ailment can be an illness or condition that affects your health which can be easily treated.



### Can I join Pharmacy First?

Yes, if you are registered with a doctor in Nottinghamshire County and you are exempt from paying prescription charges or hold a valid prescription prepayment certificate. If you pay for your prescriptions, the pharmacist will still be able to help you with your health problems, but you will need to pay for any medicines supplied.

No treatment can be provided for babies under 3 months old. Babies under 3 months old should always be treated by your family doctor. If in doubt check with your pharmacy.

### How does Pharmacy First Work?

Once you have registered at a pharmacy you will be given a voucher book which you need to take with you each time you or any family member use the service. The pharmacist will talk with you and if needed you will be given the same medicine you would have received if you had visited your doctor.

### What if I don't want to use Pharmacy First?

If you do not want to use the service you should consult your doctor or nurse in the usual way, you may need to make an appointment.