



OCEAN REEF PHARMACY

COMMUNITY PHARMACY WITH CARE
OPEN 7 DAYS A WEEK

HEADLICE

Head lice are small 1-4 mm lice which can range in colour from nearly colourless to reddish brown. The eggs are small, white and approximately 1-2mm long. They are usually transmitted by head-to-head contact.

SIGNS AND SYMPTOMS

Itchiness, however not all infestations are symptomatic.



Lice can be detected using the 'wet-combing' method:

1. Apply conditioner to dry hair to immobilise lice – make sure hair is covered from root to tip.
2. Use an ordinary comb to untangle hair and distribute conditioner evenly.
3. Switch to a lice comb and divide hair into 3-4cm sections. Comb each section.
4. Wipe the lice comb onto a piece of paper towel after each stroke and inspect for lice and eggs.
5. Repeat this process at least twice for each section.
6. Rinse hair

Eggs can be detected by examining the scalp – they will generally be found 1cm and can be differentiated from dandruff and other objects as they are not easily removed and make a 'pop' sound when squashed.

TREATMENT

There are two broad types of treatments for the treatment of head lice: neurotoxic insecticides such as *permethrin* (Quellada ®) and *maldison* (KP24 ®) and physical insecticides such as *benzyl alcohol* (Neutralice Advance Lotion Kit ®). As physical insecticides kill by a physical action lice are less likely to develop resistance to physical insecticides.

Other methods include wet-combing or electronic lice combs however meticulous application is required for these methods to be effective.

Children can return to school after the first treatment is complete. Regardless of treatment choice make sure:

- Other family members and checked and treated if a live louse is found
- Application is repeated 2-3 times (depending on treatment chosen) 7 days apart
- Product is applied to hair without conditioner and avoid using a hair-dryer afterwards as this may deactivate the product

Speak to one of our pharmacists for advice on choosing the right product for you (especially if you are pregnant, breastfeeding, treating a child under 2 years of age, or asthmatic) and advice on how to use each product.

LIFESTYLE

To prevent infestation:

- Avoid head-to-head contact
- Check hair regularly
- Avoid sharing hats, scarves, pillows, bedding, clothing and towels
- Tie-up long hair
- Notify the school

To prevent re-infestation:

- Machine wash and/or dry on hot cycles hats, scarves, pillowcases, bedding, clothing and towels used by the person in the 2 days prior to treatment
- Items that cannot be washed should be placed in a sealed plastic bag for two weeks
- Vacuum any furniture and floor to remove hair that might have viable eggs
- Soak combs and brushes in hot water for 5-10 minutes

**Feel free to contact us at
admin@oceanreefpharmacy.com with any
request or questions we can feature in
upcoming newsletters!**



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DIARRHOEA

SIGNS AND SYMPTOMS

Passing stools that are abnormally soft or watery and with increased frequency

TREATMENT

Oral rehydration solutions (Hydralyte®, Gastrolyte®) are the best treatment for diarrhoea used to replace fluids and body salts lost by the body. These are the best option to help with and avoid dehydration.

For infants:

- If you are breastfeeding continue to do so but feed more often. You can give oral rehydration solutions as well.
- If bottle-feeding give oral rehydration solutions and offer a drink every time they vomit.

For children:

- Give oral rehydration solutions as often as possible (e.g. a few sips every 15 minutes). For older children 150-200mL after every big vomit or episode of diarrhoea.

Monitor for any signs of dehydration: drowsiness, dry lips and mouth, not passing wee, cold hands and feet. Young babies and children can become dehydrated very easily and may need to be checked by a doctor – speak to our pharmacist for more advice.



CONSTIPATION

Constipation may refer to the passing of hard stools or when stools are passed less frequently. The firmness and frequency of stools can vary between individuals so it is usually only needs treatment if it is causing a problem.

SIGNS AND SYMPTOMS

- Stomach cramps
- Loss of appetite
- Irritability
- Anal fissures as a result of straining

TREATMENT

- Maintain a healthy diet with adequate fibre
- Use of laxatives may be needed when dietary and lifestyle measures are inadequate or while waiting for them to be effective. These include stool softeners (Coloxyl drops®), osmotic laxatives (Movicol®, Actilax®) and bulk-forming agents. The choice of agent depends on the age of the child, and desired onset of action. Our pharmacists can help you choose the product that is best suited to your needs.

LIFESTYLE

- Ensure adequate fluid intake
- Encourage children to toilet regularly (even if they do not feel the urge). They should stay there for 3-5 minutes after breakfast, lunch and dinner so often providing a foot stool and book can be useful.
- Use positive encouragement such as sticker and reward chart.

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