



What about children?

Do **NOT** send your children to the nursery, creche or school until the 1st treatment has been completed.

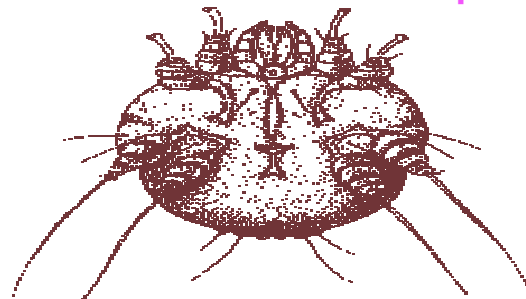
It is recommended to place **Mittens** or **gloves** on small children to prevent scratching.

Please remember there is no shame attached to "catching" Scabies.

Those with very high standards of hygiene also get Scabies

- You can get Scabies at any age
- Treating Scabies with a cream or lotion recommended by your Doctor or Pharmacist should clear them for you.
- You **MUST** read and follow the instructions

This is what the mite looks like under a microscope



SCABIES



Wash Your Hands

PATIENT/VISITOR INFORMATION LEAFLET

March 2006

Scabies

What are Scabies?

Scabies are an itchy condition of the skin caused by a tiny mite- *Sarcoptes scabiei* that burrows into the skin, lays it's eggs, to produce other mites.

Symptoms of Scabies

- The itch usually starts on the hands (in between the fingers & wrists). It tends to be severe and spreads to other areas of the body- The arms, neck, under the breast, the abdomen, groin area, scrotum, inner thighs, shins and ankles.
- The itch is usually **worse at night** – exacerbated by heat, showering or hot bathing.
- Following the itch comes **the rash**- a red blotchy appearance in any of the above mentioned areas.
- **Burrows**- can be seen on the skin- dark or silvery lines
- **Avoid** scratching- it may lead to secondary skin infection.

What causes the itch?

- The itch is caused by an allergy to the mites and may take 2-6 weeks to occur. During this time you can actually pass on the mite to others

Does it take a lot of mites to cause the disease?

- **No**- usually very little, It is the allergy to them that causes the pronounced rash.

How do I get Scabies?

- **Close skin contact**- usually holding hands with an infected person, sharing a bed etc.
- **Outbreaks** can occur in Hospitals/Nursing Homes/Residential Homes/ Nurseries/Schools etc.

How are Scabies diagnosed?

- History of intense itching of the hands at night.
- History of spread to other areas of the body.
- **Skin Scrapings**- The diagnosis can be confirmed by microscopic examination of scrapings (taken by your Dr/Nurse)

How are they treated?

- Your Dr/ Pharmacist will give you a **lotion or cream** to apply to your entire body from your neck down.
- It is vitally important that you cover **every "inch"** of skin to include the soles of your feet, in between fingers, toes, under your nails, genitals etc.
- A small **paint brush** is recommended to apply the

Lotion. A good idea to get somebody else to treat your back.

- Do **NOT** have a shower/bath prior to treatment but do change your bed linen. **Leave** the treatment on for the recommended time (usually 8-10 hrs). Re-apply to fingers /hands if washed in the meantime. Now have your shower or bath and again change your bed linen.
- **Laundry**- Clothes/bed linen/towels/face towels etc. – hot machine wash. Place any articles that cannot be washed into an airtight plastic bag and leave for 48 hrs.

When does the itch go?

- 2-3 weeks after the mites die. Children in particular may require something to counteract the itch.
- Refer to your Dr. if the itch lasts longer than 3 weeks. You may need a further treatment.

Remember your entire family MUST be treated when treating yourself.