

SCABIES

What is scabies?

- Scabies is a skin condition caused by small bugs called mites. Scabies happens when the mites crawl under the skin to lay eggs, which causes the skin to get itchy and red.
- Adult mites are very small and hard to see without a magnifying glass.

How do people get scabies?

- Scabies mites are spread by skin-to-skin contact with a person who has scabies.
- Scabies can also be spread by sharing clothing or bedding with a person who has scabies.

What are the signs of scabies?

- Severe itching on most of the body especially at night.
- Red, raised bumps or a rash on the skin.
- Thick, dark patches on the skin.
- Sores or infections caused by scratching the sores.
- Scabies does not usually cause anything more than discomfort and inconvenience.

What do I need to do to get rid of scabies?

- See a doctor if you think you or a family member has scabies.
- Use the medicine from the doctor as directed. The recommended treatment for scabies is 5% permethrin cream applied directly to the skin from the neck down and left on for 8 hours.
- Wash infested clothing and bed sheets in very hot water and dry in a dryer on the hot cycle for at least 20 minutes.
- For items that can't be washed, dry-clean them or place them in a bag for 2 weeks to kill any remaining mites.
- Vacuum furniture and carpeting to get rid of mites on those items. Throw the vacuum bag away after you vacuum.

What else should I do?

- Tell your sexual partners and household members that you have scabies so they can be checked too.
- Do not have intimate or sexual contact until you finish the treatment.
- Do not have sex with infected partners or you could get scabies again; tell them to get treated.