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.