

Scabies

Scabies is a skin condition caused by a tiny mite called *Sarcoptes scabiei*. The female mite burrows into the skin and lays eggs. These eggs hatch many days later, which continues the cycle of this condition. The incubation period can be as long as 5 weeks before symptoms occur. The mite cannot live off the body for more than 3 days.

How Did I Get Scabies?

Scabies is usually contracted from person to person contact, especially sexual, or through sharing a bed, sleeping bag or upholstered furniture that is infested with the mites.

What Are The Symptoms?

Itching is the most common symptom, especially at night or after bathing/showering. Small rashes are most commonly located on the hands, arms, feet, waistline, buttocks, and genitals.

Scabies is around and getting scabies has nothing to do with your or your contact's personal hygiene.

What Treatment Should I Follow?

1. Near bedtime apply Permethrin (Elimite) thoroughly, from nape of neck to toes, making sure to include the spaces between the toes and fingers, bottoms of feet, behind the ears, beneath the scrotum, navel, and the area inside the buttock folds—not inside body cavities. Note: All sexual and close personal or household contacts should be treated at the same time.
2. Trim finger and toe nails and apply lotion under all nails with nail file.
3. Wash off all lotion in 8-14 hours in shower.
4. In morning, launder all bed linens. Linens, pillows, and clothing that cannot be washed should be bagged and not used for at least 3 days. Mites cannot live without a blood meal.
5. Vacuum rugs and upholstered furniture. Do not use potentially infested upholstered furniture for 2-3 days.

Usually 1 Treatment Will Suffice

The itch may persist for 2-4 weeks. Your provider may recommend an antihistamine to help control the itching. If there is evidence of living mites after 14 days, return to Health & Wellness as you may need to be retreated.

For additional information:

http://www.cdc.gov/parasites/scabies/gen_info/faqs.html

**Contact a Health & Wellness Health Resource Nurse at (603) 862-2856
For After Hours Care please call (603) 862-9355 (WELL)**

