

WHAT YOU NEED TO DO TO GET RID OF SCABIES

There must be clean sheets and blankets and clean clothes for everyone so the scabies cannot spread again. Strip beds and wash everything in hot water and soap and hang in the sun.

Air mattresses, pillows and floor mats in the sun and give the house a good clean. Shower and put the cream all over the body, soles of feet but not on the face and then put clean clothes on. All the people you are close to will need to do the same. **DO NOT** share towels and repeat treatment 5 days later.

- ⇒ Sunny day / Clothes Dryer
- ⇒ Washing machine and hot water
- ⇒ Washing line, fence or garbage plastic bag to put all worn clothing and linen into and leave for 5 days
- ⇒ Vacuum cleaner or broom
- ⇒ Shower, soap and nail brush
- ⇒ Scabies cream for everyone in the house which is put on when you are cool and dry



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PORT LINCOLN ABORIGINAL HEALTH SERVICE INC

'Helping our people to continually improve their health status'

SCABIES



WHAT IS SCABIES?

Scabies is an infestation of the skin caused by the scabies mite *Sarcoptes scabiei*!! The mite is very tiny, and cannot easily be seen without magnification.

It occurs world wide and in all races and social classes. Scabies is not an indication of poor hygiene.

Scabies and other mites usually infest the skin especially where there are creases, such as between the fingers, on the front of wrists and in the folds of the elbows, armpits, buttocks and genitals.

Scabies might cause intense itching, especially at night.

Scabies and other mites that cause skin disease are diagnosed by examining skin scrapings with a microscope.

Scabies is usually transmitted by direct skin-to-skin contact, or rarely, by underwear or bed clothes that have been freshly contaminated by an infected person.

TREATMENT

Treatment should not be undertaken until the diagnosis had been confirmed by a doctor, following examination of the skin scrapings for mites.

This is particularly important for babies, pregnant women or people who already have other forms of skin disease.

Babies under 12 months of age need special treatment.

Apply lotion with gauze swab to all skin areas, palms, soles of feet but not the face.

Early treatment will reduce scarring, and will prevent further illness.

CONTROL OF SPREAD

People with mites should be excluded from child care, preschool, school or work and may return on the day following treatment.

All close (skin-to-skin) contacts and other people in the same household should be treated at the same time, even if no itching or other symptoms are present.

By the time scabies is diagnosed in one person, many other people may have been infested if everyone is not treated at the same time.

