# HOW SOON AFTER TREATMENT DOES IMPROVEMENT OCCUR?

Itching is caused by an allergic reaction to the mite and its secretions, so it will continue to itch for at least 2–3 weeks until the skin has eliminated everything.

This does not mean that the treatment was unsuccessful!

If the itching is very uncomfortable, your doctor will prescribe an anti-itch medicine.

After successful treatment, no new crusting or other skin changes should appear for the next 24–48 hours.

If the itching still persists after 3 weeks, consult your doctor again.

Information:

Website: http://www.hpa-nw.org.uk/

Cambridgeshire & Peterborough Scabies

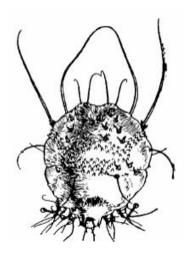
Guidance





Source: http://hardinmd.lib.uiowa.edu/dermnet/scabies.html

Scabies – Information Leaflet

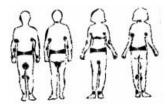


## WHAT IS SCABIES?

Scabies, or itch scabies, is a skin infectious disease caused by a mite called the scabies mite. The adult female burrows in the top layer of the skin and lays eggs in them. It swarms especially at night when the skin becomes warm, which is when it itches the most.

In those who are infected for the first time, skin changes and itching do not appear until 4–6 weeks after infection.

Skin lesions are mainly found where the skin is soft and thin (between the fingers, inside of the wrist, elbow, knees, around the belly button, etc. The lesions are in the form of pink papules about the size of millet, with a scab on top. They are usually two and two together, representing the beginning and the end of the burrow. Scratching causes scratches, tiny bubbles and redness on the skin. The lesions are usually symmetrical on the outer sides of the body, there is never a rash in the centre of the chest or back.



(most common places where skin lesions are found in men and women – symmetrically)

## **HOW DO WE GET INFECTED?**

Scabies is mainly transmitted through close body contact (skin-to-skin), prolonged hand holding, sleeping in the same bed or sexual contact with an infected person.

A casual touch such as a handshake or hug is usually not enough to cause infection.

Transmission indirectly through the use of the affected person's laundry, towels or bed linen is rarer.

Mites do not jump or fly, but crawl on warm skin at a speed of 2.5 cm/min. They can survive in an outdoor environment for 24–36 hours at room temperature and average humidity.

Itching or scabies is not caused by poor hygiene. The infection spreads quickly where close skin-to-skin contact is common (hospitals, nurseries, schools, care facilities ...).

## WHO CAN GET INFECTED?

ANYONE who has been in close contact with a person infected with the mite can get infected.

It is therefore very important that all family members and other close contacts (classmates, educators) are treated at the same time, even if they do not have a rash or itch.

Scabies is widespread worldwide, and anyone can be infected.

## **TREATMENT**

It is very important to follow the instructions of your doctor and the manufacturer of the medicine for successful treatment.

Always apply the ointment or cream to cool, dry skin, never immediately after a warm bath.

Apply the ointment all over the body, from head to toe.

We must be careful not to get the ointment in our eyes or mouth.

If you wash your hands or other parts of your body after application, you will need to re-apply the product to those areas.

Leave the cream or ointment on the skin for 8-24 hours, depending on the type of medicine, and then wash first with cold water and then with soap and warm water. Wash linen and bed linen in the washing machine as you normally do!

## Repeat the process after a week.

All family members living in the same house or apartment and all contacts who have had skin-to-skin contact or sex with the infected person must also be treated at the same time.

It is important to inform all close contacts that we have scabies and not to hide it!