

# Scabies

## 1. What is Scabies?

Scabies is a skin condition caused by a microscopic mite (Sarcoptes scabiei). Any person of any age or any status can be infected by Scabies.

It is contagious and spreads through close personal contact

It can also spread through shared bedding, clothes, or towels.

The disease spreads easily in crowded places like hospitals, schools, class rooms, orphanages, day care centres & prisons.

## 2. What are the symptoms?

The main symptoms include intense itching and a rash with small blisters or bumps that appear between fingers, palms, wrists, elbows, breasts and other folds of skin like the groins.

The itching usually worsens at night.

In small children apart from above sites the face & the soles are also affected.

It is important to remember that symptoms may not appear until 2-3 weeks after acquisition of the diseases.

## 3. What are the treatments for this condition?

- ❖ Both the patient and the family members (although they don't have symptoms) should take treatment at the same time.
- ❖ Treatment should be directed by a Physician.
- ❖ With the start of treatment, all clothes, bed linen, towels etc. should be washed thoroughly and dried in direct sunlight.
- ❖ If a treated area is washed the creams should be reapplied in those areas.

### I. Permethrin treatment

- This should be applied from neck downwards up to the toes in the whole body.
- Before application have a bath and make the skin dry.
- Sometimes infants may need treatment to the face & scalp as well.
- The application should be in contact with the skin for 12 hours (ex: from 6:00 p.m. to next day 6:00 a.m.)
- Should have a bath and wash all clothes in the next day morning.
- Above steps should be followed again after 7 days.



## II. Sulphur treatment

- This should be applied for 3 consecutive days.
  - Once applied it should be in contact with the skin for 24 hours.
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- ❖ Doctor will determine the best treatment for the patient.
  - ❖ The itching can persist up to 2-3 weeks after cure.
  - ❖ If you have any doubt that the infection is still present contact your Doctor again.

