

# Scabies



Infection Prevention and Control  
Information Booklet

# Scabies

Scabies is common and anyone can get it. It should be treated quickly to stop it spreading.

Check if it is scabies

The symptoms are:

- Intense itching, especially at night
- A raised rash or spots

The spots may look red. They are more difficult to see on dark skin but you should be able to feel them.



Tiny mites lay eggs in the skin, leaving lines with a dot at one end.



The rash can appear anywhere, but it often starts between the fingers.



The rash may then spread and turn into tiny spots. This may look red on lighter skin.



The rash may leave dark spots on the skin. This may look brown or black on darker skin.

# Scabies

**Scabies is not usually serious but it does need to be treated. It can make some conditions such as eczema worse.**

**Scabies is very infectious but it can take up to 8 weeks for the rash to appear and be diagnosed.**

**Scratching of the rash can cause skin infections.**

**Everyone needs to be treated at the same time even those who do not have symptoms.**

# Transmission

**From an affected person:**

**Direct skin to skin contact with a person infected with scabies.**

**Approximately 10 minutes uninterrupted skin-to-skin contact.**

**The mite cannot jump from person to person but can crawl from one person to another when there is skin to skin contact for a short period of time, e.g. holding hands, sexual contact.**

# Treatment Plan for Scabies

## ERADICATION DAY 1

Do not bath or shower before application of the treatment. The lotion/cream should be applied to a cool skin.

Ensure coverage of all body areas including the palms of the hands, soles of the feet, under trimmed clean fingernails and toenails, the neck, face, ears and scalp if the hair is thinning.

The manufacturer may not advise application above the neck except for certain groups, however expert opinion is that this area must be treated in all cases/ contacts. More than one tube of lotion/cream may be required to cover the whole body.

The product must be re-applied if removed (e.g. during hand washing or toileting).

The cream/lotion should be removed following treatment as directed by the manufacturer.

Application overnight (minimum of eight hours) is most effective, as treatment will not be removed during day-to-day activities.

The cream/lotion should be removed following treatment as directed by the manufacturer. Wash bedding and clothing after treatment.

All staff should also perform treatment within the same 24 hours.

## **ERADICATION DAY 2**

**7 days after eradication day 1 repeat all steps from eradication day 1.**

**All within the same 24 hours.**

## Contact us

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