

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Scabies is an infection caused by mites that burrow into the skin. The mites, called *Sarcoptes scabiei*, are very tiny and cause severe itching. Scabies mites can pass from person to person through close physical contact. They can also be passed through shared clothing, towels, and bedding. Scabies infection is not usually dangerous, but it is uncomfortable. Because it is so contagious, scabies should be treated immediately to keep the infection from spreading.

### Symptoms

Symptoms of scabies appear about 4–6 weeks after infection in a child or adult who has never had scabies before. A child or adult who has been infected before will experience symptoms in 1–4 days. Signs of scabies infection may include:

- Intense itching, especially at night or after a hot bath
- Skin irritations that look like hives, insect bites, pimples, or blisters, especially on warmer areas of the body (such as between the fingers, in the armpits, and in the creases of the wrists, elbows, and knees).
- Sores on the body caused by scratching (the sores may become infected).
- Burrows created by mites traveling under the skin, which look like lines on the skin's surface.

### Treating Scabies Infection

Scabies infections are usually treated with a lotion that kills the mites. The lotion must be applied to the entire body (including the palms of the hands, soles of the feet, groin, and under the fingernails). The lotion must be left on for several hours. In some cases, a second application of lotion is needed a week after the first. Medications work quickly, but most people continue to have an itchy rash for several weeks after treatment. Marks on the skin from scabies usually go away in a week or two, but sometimes take a few months to clear.

### Preventing Spread of the Infection

To prevent reinfection and the spread of scabies to others, follow these instructions:

- Treat all household members who may have been exposed to scabies, whether they show symptoms or not.
- Wash the infected person's clothing, towels, bed linens, cloth toys, and other personal items in very hot, soapy water. Dry them thoroughly.
- Seal items that can't be washed in plastic bags for 2 weeks.
- Vacuum floors and furniture. Throw the vacuum bag away afterward.
- Notify an infected child's school and caregivers so that other children can be checked and treated.
- Keep an infected child home from daycare or school until the morning after treatment for scabies.
- Warn children not to share items such as clothing and towels with other children.
- DO NOT spray your house with chemicals or pesticides. These can be dangerous to your family's health.

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### IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.  
For ALL emergencies requiring IMMEDIATE medical attention, call 911.