

# Scabies

**What is Scabies?** Scabies (Scay — bees) are tiny mites. These insects burrow into the skin and cause a very itchy, bumpy rash.

You may not know that you have Scabies until 2 or 3 weeks after you have been infected.

The itching can be very intense, and often people describe that it is worst in the evening and night.

The burrows are most often found in areas where the skin is softest — in the armpits and groin, at the top of the buttocks, on the belly, wrists, ankles, and in between the fingers and toes.

## **How is Scabies spread?**

Scabies spreads from one person to another by close contact. Usually, it spreads to people who live together or to people who have slept in the same place. It may be spread to babies and children in daycare centers.

Scabies does not come from animals. Although pets can have a form of Scabies, this form does not affect humans.

## **How is Scabies treated?**

Scabies is treated with a cream that is applied over the body, like sunscreen or body lotion, from neck to toe. Apply the cream before you go to bed at night and wash it off in the shower or bath in the morning.

## **When can your child go back to school or daycare?**

The day after the treatment is started your child can go back to school or daycare.

## **What should you do for the itching?**

The itching is sometimes severe. Steroid creams can be used once the initial treatment is done. Benadryl® can also be helpful in calming the itch, especially at night.

It is important to know that even after the treatment the itching may continue for 1 to 2 weeks. There should be no new bumps, though. If the rash is not better after 1 to 2 weeks, please call, as you may need to be treated again.

## **How do I stop Scabies from coming back?**

- Treat everyone in the house at the same time. Others may be infected but may not have developed symptoms, yet.
- Wash all sheets and towels in hot water and dry on high heat
- Put all stuffed animals in a plastic bag for 2 to 3 days.
- Vacuum all rugs and furniture, or cover furniture with a clean sheet or towel.

**Use the following medicine below as directed:**

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As always, please contact me if you have any questions or concerns.

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