

# Scabies



## What is it?

- **Scabies**- infection of the skin by the human itch mite
  - **Microscopic Scabies/Mite**- burrows into the upper layer of the skin where it lives and lays its eggs, on a person mites live 1-2 months off a person 48 to 72 hours, die if exposed to a 122°F temperature of higher for 10 minutes

## Signs and Symptoms:

- Intense itching, pimple like skin rash, tiny blisters/vesicles, and scales, grayish white or skin colored lines on the skin surface, 10-15 mites per person, often seen as webbing between fingers and in the skin folds
- **Common Sites**- armpit, wrist, elbow, webbing between the fingers, nipple, penis, waist, buttocks, waist line

## Recommendations:

- **Avoid**- skin to skin contact with a person who has scabies
- **Do Not Scratch**- scratching causes skin sores, can become infected with bacteria

## Facts:

- **Outbreaks**- where there are close quarters as nursing homes, prisons, child care, spread by sexual partners, household members, sharing sheets, clothing
- **Weakened Immune System**- often have crusted scabies/Norwegian Scabies as in the elderly, disabled, debilitated
  - **Crusted Scabies**- thick crust of skin, large number of scabies mites and eggs, very contagious with hand to hand contact, bedding, clothing, furniture, may not have a rash and itching, need quick and aggressive treatment, can be infested with thousands of mites and is highly contagious



## What can I do?

- **See your Health Care Provider**- may obtain skin scraping, examine under a microscope, using a tip of a needle to remove a mite,
  - **Treatment**- scabicides are available with a prescription, always wear clean clothes after treatment, all persons should be treated at the same time to prevent reinfestation, retreatment may be necessary 2-4 weeks after treatment if there is severe itching

