

# SCABIES TREATMENT PLAN

## What are scabies?

Scabies are little insects (mites) that live underneath the skin. They can cause intense itching, as well as a rash that is often red and bumpy. The insects are so small that they cannot be seen without the use of a microscope. Scabies is highly contagious so usually more than one person in the family is infected. It can take up to 6 weeks to develop the itchy rash after a person is exposed, so it is important that everyone who lives in your home is treated even if they are not itching and do not have a rash. Individuals who have had close skin-to-skin contact with any one in your home should also be treated.

## Treatment plan for scabies

It is very important that you follow the plan outlined below in order to make sure all the insects are killed. Although it may seem difficult and may take a lot of time, you will be saving yourself and your family from having to repeat all these steps in the future.

1. Collect a set of sheets, a set of pajamas, and a set of clothing including underwear for everyone who lives in your home.
2. Machine wash all of these items in very HOT water. If possible, add a little bleach to the washing machine.
3. All clothes that have been worn in the last three days also need to be washed in hot water – or placed in a plastic bag for three days. Any stuffed animals, blankets, other items that could be infected should also be placed in a plastic bag for three days to kill any scabies mites that are on them.
4. Put the freshly washed, clean set of sheets on the beds
5. It is easier if the rest of this is done in the evening before going to bed.
6. Everyone who lives in your home should take a warm shower or bath and dry off thoroughly.
7. Apply the prescribed cream to every inch of the body from the neck down.
  - \*\*Don't forget to apply the cream to the navel, between the toes, and in all other creases.
  - Leave some cream under the fingernails.
  - \*\*Even areas of the skin that do not have a rash should be covered with the cream.
  - \*\*Infants should have the cream applied to their head and neck also.
  - \*\*Infants younger than 2 months should have cream rinsed off after 6 hours.
8. After applying the cream, put on the clean underwear and pajamas, and go to bed in the clean sheets. Leave the cream on overnight.
9. In the morning, take a shower or bath and wash off the cream.
10. Put on the freshly washed, clean set of underwear and clothes.
11. This routine may need to be repeated in one week to assure that all the insects have been killed.

## Pregnant women

Women who are pregnant will need special medicines to treat scabies. Please let the physician know if anyone who lives in your home is pregnant.

## Itching

The itching and the rash can last 2 – 3 weeks even if you have successfully treated the scabies. Hydrocortisone 1% cream can be applied to the rash after you have treated the scabies to help decrease the itching. This cream is available without a prescription. If the itching and rash last more than 3 weeks, the treatment needs to be repeated.

## Contagious

Children can return to school after one treatment with the scabies medication. Because scabies is highly contagious, people who have come in close contact with your family (such as a friend who spent the night) should also be treated.

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