



## Scabies

### Description

Scabies is a very contagious skin disease caused by a parasite which is invisible to our eyes. It is hard to diagnose and may be confused with other diseases that cause itchiness and lesions (rashes) due to scratching. Doctors and dermatologists are the only professionals who can make a diagnosis.

#### There are two types of scabies:

- Common scabies
- Crusted scabies

Crusted scabies is a more severe form of the disease and affects mainly people with an impaired immune system.

### Symptoms

#### Common scabies :

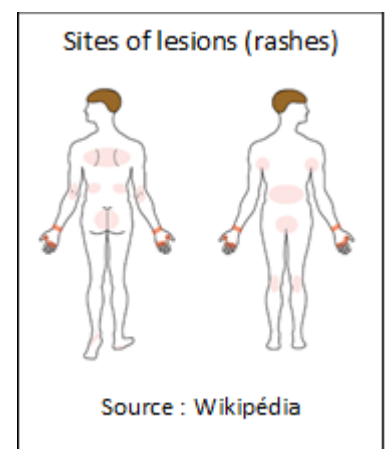
- Intense itchiness, especially at night or when exposed to heat
- Presence of thin whitish lines a few millimeters under the skin (not always visible)
- Lesions or small red bumps that affect mostly the skin folds of the hands (in between fingers), the wrists, the armpits, the waist, the nipples, around the bellybutton, the genitals and the buttocks

**For elderly people**, the lesions may appear on the scalp, the torso and the lower limbs. Bedridden people may present lesions on the back.

**For children under age 2 years old**, the lesions may also be present in the palms of the hands, in the face, on the scalp, the torso and on the soles of the feet.

#### Crusted scabies

- Crusty lesions all over the body, with or without itchiness





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## Transmission modes

### Common scabies

- Repeated or prolonged skin to skin contact of approximately 10 minutes with an infected person (e.g. sexual contact, close proximity care)
- Repeated or prolonged contact with the personal items of an infected person (e.g. clothing, towels and bedding)

### Crusted scabies

- Brief skin to skin contact with an infected person (e.g. handshake)
- Handling, without protection, of fabrics that have been in contact with the skin of an infected person

**A person infected with scabies is contagious 2 to 6 weeks before the appearance of the first symptoms and up until an adequate and effective treatment is completed.**

If you are experiencing symptoms, you must rapidly consult a doctor.

## Treatment

Scabies is usually treated with 5% permethrin, which must be applied ideally at bedtime to the entire body from neck to toes and left on for 12 to 14 hours.

In the elderly and children under 2 years old, the medication must also be applied to the face and scalp.

After each application, the medication must be removed with soapy water (shower or bath).

In addition to the treatment, the infected person must wash their clothing and their surroundings (see below for cleaning instructions).

Prescription :

- Common scabies: 2 applications of the product in a 7 day interval
- Crusted scabies: treatment according to the doctor's prescription

If you are at risk of having contracted scabies but are not presenting any symptoms, as a precaution, you must proceed with one treatment of an over-the-counter product available in a pharmacy. It must be completed at the same time as the treatment of your infected loved one.

Consult your healthcare professional for all questions relating to treatment.



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## After the treatment

- Remain vigilant for 6 weeks following treatment. If new lesions appear or there is a worsening or a persistence of lesions already present, contact your doctor
- It is possible for the itchiness to persist for 2 weeks following an effective treatment.
- For people suffering from crusted scabies, a medical follow-up is necessary

## Cleaning instructions

When removing the medication after the first treatment, wash clothing, bedding, personal effects, surfaces and objects frequently touched by the infected person within the last four days.

<b>Washable materials</b>	Wash in very hot water (at least 50°C) for at least 10 minutes and dry with hot air for 20 minutes
<b>Non-washable materials</b>	Store in a hermetically sealed plastic bag for 4 days before using again
<b>Surfaces and objects</b>	Clean with an everyday cleaning product
<b>Mattresses, padded furniture and carpets</b>	Use the vacuum cleaner and dispose of the bag
<b>Moisturizers, cosmetics or other beauty products having possibly been contaminated by the hands</b>	Wait 4 days before using the product again or discard and replace

Generally, it is not necessary to repeat the cleaning after the second treatment for common scabies. However, in the case of crusted scabies, the cleaning must be performed **after each treatment**.

## Preventive Measures

- Wash your hands frequently with soap
- To decrease contagion risk, certain additional measures may be taken in certain healthcare and services settings (e.g. wearing gloves and a gown)

## Notice

These informations don't supplant the opinion of a health professional. If you have any question regarding your health condition, consult a healthcare professional or call Info-Santé at 811.



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