

# Information about Scabies

## What is Scabies?

Scabies is a common condition, and anyone can get it. Getting scabies has nothing to do with being unclean. Scabies mites are tiny bugs that lay eggs under your skin.

## What are the symptoms?

- Intense itching, especially at night
- A raised rash or spots
- The spots may look red. They are more difficult to see on dark skin, but you should be able to feel them.

## What does Scabies look like?

Tiny mites lay eggs in the skin, which can appear as lines with a dot at one end.



The rash can appear anywhere, but it often starts between the fingers.



The rash may leave dark spots on the skin. This may look brown or black on darker skin.



The rash may then spread and turn into tiny spots. This may look red on lighter skin.



## If you think you have Scabies:

- See a doctor or pharmacist who can prescribe treatment.
- Some people may be able to get the treatment for free from their Pharmacy as part of the Pharmacy First Service.

## How do I stop Scabies spreading?

- Scabies spreads by skin contact - everyone living with you needs to be treated at the same time. Treatment should be repeated after 7 days.
- Wash all bedding and clothing in the house at 50C or higher on the first day of treatment and then tumble dry it on a high heat.
- Put clothing that cannot be washed in a sealed bag for 3 days until the mites die.
- You can return to work, school, or nursery 24 hours after the first treatment has been applied.

## Should anyone take extra care?

- Pregnant or breastfeeding women should let the doctor or pharmacist know.
- Babies under 2 months old need a different medication – mittens may help stop them scratching.



For more information visit: [nhs.uk/scabies](https://www.nhs.uk/scabies)

# Application of Scabies treatment cream

## Before application:

- Take off your clothes, watch, jewellery, and any rings. If rings cannot be removed, you should make sure that the cream is applied around and under the rings.
- Nails should be cut short to reduce damage to skin by itching.
- You don't need to take a bath or shower before you apply the cream.

## Application:

The mites may be anywhere on the skin, so the cream must be applied to all areas of the skin and not just to the itchy parts.

- **Adults:** Apply the cream to the whole body but **not** the head and face.
- **People 65+:** apply the cream to the whole-body **including** neck, face, ears, and scalp.
- **Children 2 years+:** Apply the cream to the whole body but **not** the head and face.
- **Children under 2 years:** apply the cream to the whole-body including neck, face, ears, and scalp. The cream cannot be used by babies under 2 months so please speak to your GP or Pharmacist.
- Let the cream dry before getting dressed; and treat the soles of your feet after getting dressed.
- Remember to apply cream to your genital area and ensure all creases of your body are covered.

## After application:

- When washing hands or any part of the body, treatment should be re-applied to the washed areas again.
- It is best to apply the lotion before you go to bed at night and keep it on for at least 12 hours.
- In the morning, shower off with cool (not hot) water.
- It may take several days for the itching to stop after treatment.
- Apply the cream again after 7 days as two applications are necessary to kill the mites that have hatched from eggs after the first treatment.



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