

Scabies

What Is Scabies?

- Scabies is a skin irritation caused by an almost invisible insect or mite that burrows under the skin and lays eggs.

How Do I Get Scabies?

- Scabies is spread by direct skin to skin contact with an infected person.
- It can also be spread by having sex, sharing towels, clothing or bedding with an infected person.

How Do I Know If I Have Scabies?

- Small red bumps or tiny red lines on the wrists, webs of fingers, elbows and folds of skin in the waist, buttocks, or genital area.
- Itching is usually worse at night.
- Symptoms begin a few days to 6 weeks after contact with the mite.

How Is Scabies Tested?

- Go to your doctor or STD clinic to have the rash examined.
- A small scraping of skin may be needed to look for a mite under a microscope.

How Do I Treat Scabies?

- Scabies is treated using a special lotion or cream, (e.g. Nix[®] or Kwellada-P[™]) which can be bought at most drug stores without a prescription.
- Pregnant women and young children should not use these creams unless told to by a health care professional.
- Usually one treatment kills all the mites if you read and follow the package instructions.
- Itching can normally last for 1 - 2 weeks after treatment.
- Ask everyone in close contact with you to use the cream or lotion.
- Clothing, bedding and towels should be washed in hot, soapy water and dried on the hot cycle in the dryer.
- Clothing that cannot be washed should be dry-cleaned or sealed in a plastic bag for 7 to 10 days.

How Can I Prevent The Spread Of Scabies?

- Avoid skin to skin contact until you have been treated according to the lotion or cream package insert.
- **Abstinence** (not having sex) may be your best choice.
- If you think that you have been infected, get checked out.
- Avoid sexual contact with an infected person.
- Practice “**Safer Sex**”. Always use condoms but be aware that condoms do not protect you from scabies that are on other parts of the body.
- Limit the number of sexual partners you have.
- Ask your partner about his/her sexual history.
- Tell your partner if you have an infection.
- Get education, guidance and support.



For More Information Call:

Sexual and Reproductive Health **944-7115**

Family Planning Clinics

- **Downtown** **323-7th Ave SE** **944-7111**
- **South** **31 Sunpark Plaza SE** **943-9510**
- **Sunridge** **406, 2675-36 Street NE** **944-7666**

STD Clinic **404, 906-8th Ave SW** **944-7575**