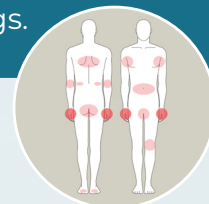


Scabies is a contagious, pruritic, parasitic infestation caused by the mite *Sarcoptes scabiei* var. *hominis*. The classic form is often seen in the webs between fingers, forearms, abdomen and genitalia. The mite burrows into the upper layer of the skin and lays its eggs.



- A rare, severe and very contagious form.
- Characterized by thick and hyperkeratotic plaques in large areas of body, and associated to mild or absent itching.
- Usually affects immunocompromised individuals and people living in Elders' home.
- **Refer to a dermatologist for diagnosis and specific treatment.**

- Intense itching of the skin – especially at night.
- A raised rash, small bumps, red lines, and sores caused by scratching.
- Symptoms can take from several days to 6 weeks after contact to appear.

- Scabies spreads by direct contact, prolonged skin-to-skin contact with an infected person.
- Less commonly, by sharing personal items (towels, bedding, clothing).

- ⚠️ **Apply contact transmission precautions (wear gloves) during examination and disinfect the exam room after.**
- Diagnosis of classic scabies is based on clinical exam and presence of lesions.
- **Investigate and notify close contacts for symptoms** (people with prolonged skin-to-skin contact during the 6 weeks prior to symptoms or diagnosis, including household members and sexual partners).

Scabies treatment can be topical or oral. It is commonly treated with 5% permethrin-based cream or lotion (Nix or Kwellada-P), available on prescription. When two applications are required, supply both bottles at the same time.

- Index case
 - Promptly offer treatment with 5% permethrin topical and **repeat in 7 days**.
- Close Contact
 - Symptomatic contacts: promptly offer treatment with 5% permethrin topical and **repeat in 7 days**.
 - Asymptomatic contacts: ask to monitor their symptoms and offer one prophylactic treatment with 5% permethrin topical.

- Wash and dry bedding, clothing and towels at hottest temperatures for 20 minutes to kill mites and eggs. Dry-clean or seal in plastic bags for 4 days non-washable items.
- Apply a thin layer of treatment on the skin after a shower, from the head to toes.
 - Avoid region of eyes, mouth, nose, ears, genital mucosae when applying the treatment.
 - For infants and children, apply to the scalp, neck and rest of the body.
- Put on fresh, clean clothes and leave the treatment on for 12-14 hours (typically over night).
- Wash it off in the shower and wear clean clothes again. **Repeat treatment after 7 days** to get rid of the new larvae.
- People can generally return to school/work the day after treatment.
- Itching can persist for weeks after treatment. New lesions may indicate failure of the treatment. In doubt, discuss with a dermatologist.



CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY

creehealth.org/
health-tips/scabies

