

Swindon Borough Council  
**Pest Control Service**  
**Fact Sheet**

**SCABIES**



**Scabies**

Scabies is an infestation of the skin with the microscopic mite *Sarcoptes scabiei*. Infestation is common, found worldwide, and affects people of all races and social classes. Scabies spreads rapidly under crowded conditions where there is frequent skin-to-skin contact between people, such as in hospitals, institutions, child-care facilities, and nursing homes.

**What are the signs and symptoms of scabies infestation?**

- 1 Pimple-like irritations, burrows or rash of the skin, especially the webbing between the fingers; the skin folds on the wrist, elbow, or knee; the penis, the breast, or shoulder blades.
- 2 Intense itching, especially at night and over most of the body.
- 3 Sores on the body caused by scratching. These sores can sometimes become infected with bacteria.

**How did I get scabies?**

By direct, prolonged, skin-to-skin contact with a person already infested with scabies. Contact must be prolonged (a quick handshake or hug will usually not spread infestation). Infestation is easily spread to sexual partners and household members. Infestation may also occur by sharing clothing, towels, and bedding.

**Who is at risk for severe infestation?**

People with weakened immune systems and the elderly are at risk for a more severe form of scabies, called Norwegian or crusted scabies.

### **How is scabies diagnosed?**

Diagnosis is most commonly made by looking at the burrows or rash. A skin scraping may be taken to look for mites, eggs, or mite fecal matter to confirm the diagnosis. If a skin scraping or biopsy is taken and returns negative, it is possible that you may still be infested. Typically, there are fewer than 10 mites on the entire body of an infested person; this makes it easy for an infestation to be missed.

### **Can scabies be treated?**

Yes. Several lotions are available to treat scabies. Always follow the directions provided by your physician or the directions on the package insert. Apply lotion to a clean body from the neck down to the toes and left overnight (8 hours). After 8 hours, take a bath or shower to wash off the lotion. Put on clean clothes. All clothes, bedding, and towels used by the infested person 2 days before treatment should be washed in hot water; dry in a hot dryer. A second treatment of the body with the same lotion may be necessary 7-10 days later. Pregnant women and children are often treated with milder scabies medications.

### **Who should be treated for scabies?**

Anyone who is diagnosed with scabies, as well as his or her sexual partners and persons who have close, prolonged contact to the infested person should also be treated. If your health care provider has instructed family members to be treated, everyone should receive treatment at the same time to prevent reinfestation.

### **How soon after treatment will I feel better?**

Itching may continue for 2-3 weeks, and does not mean that you are still infested. Your health care provider may prescribe additional medication to relieve itching if it is severe. No new burrows or rashes should appear 24-48 hours after effective treatment.

*This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. If you have any questions about the disease described above or think that you may have a parasitic infection, consult a doctor.*

Swindon Borough Council are not involved in the treatment of this disease. Your house will not require any insecticidal treatment. Please contact a GP or NHS direct for further information

**Contact NHS DIRECT on 0845 4647**

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)