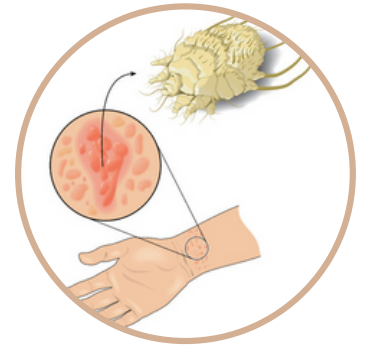


SCABIES

WHAT IS IT?

Scabies is a contagious disease caused by a microscopic mite. This infection is common, occurs worldwide and can affect anyone.



“ I FEEL AN UNBEARABLE ITCH, ESPECIALLY AT NIGHT AND WHEN IT'S HOT ”

Intense itching is common, especially at night and most often between your fingers and toes, on your wrists, elbows, abdomen, thighs, genital area and in skin folds (armpits, under your breasts, between your buttocks, etc.). Small linear grooves may appear between the fingers or on the wrists as well as other skin lesions.

HOW DOES IT SPREAD?

This mite neither jumps nor flies. Anyone can become infected by skin-to-skin contact for at least 15-20 minutes or by contact with personal items (clothes, towels, bed linen...).

After contact, it may take 2-6 weeks for symptoms (itching) to begin. During this symptom-free period, you might also infect other people.

Transmission between cohabitants or sexual partners is common

Outside the skin, the mite survives for 4 to 7 days, depending on temperature and humidity.

In general, it is not a serious illness, although to be completely cured, you must rigorously follow the instructions given by your health care provider.

WHAT IS THE TREATMENT?

Depending on the situation, the treatment may be different.

The infected person and all close contacts should be treated.

Close contacts: cohabitants (including household helpers, regular home visitors...) or persons with whom there has been close skin contact (partners, caregivers...) in the 4-6 weeks prior to the onset of symptoms.

Check for skin lesions 4 weeks after treatment

All cohabitants should be treated **AT THE SAME TIME**, whether they have an itch or not.


Repeat infections are extremely common, even among people who have already been treated, if their contacts do not take the treatment.

PERSONAL TREATMENT

SULPHUR OINTMENT 6%



Apply this ointment for 3 nights in a row and repeat every week.

- 1 Shower with cool/lukewarm water in the afternoon/evening and wait 1 hour to apply the cream. This is necessary to regulate body temperature and keep the body dry.
- 2 Trim your fingernails and toenails. 
- 3 Apply the cream to the ENTIRE BODY, except your face and scalp. Start at the jaw and work downwards. Focus on the following areas:
 - Behind your ears
 - Gaps between your fingers
 - Genitalia
 - Ankles
 - Under fingernails and toenails
 - Between the buttocks

Instructions may vary; please follow your doctor's instructions.

Ask someone else for help in areas you cannot reach yourself.

**CHILDREN UNDER 3 YEARS OF AGE OR BEDRIDDEN PERSONS:
IF THERE ARE LESIONS, ALSO APPLY TO THE FACE AND SCALP, AVOIDING THE AREA
AROUND THE EYES AND MOUTH.**

- 4 Do not wash your hands after applying the cream, and keep the cream on them
- 5 Keep the cream on the body for 24 HOURS.

DAY 1	DAY 2	DAY 3	DAY 4
AFTERNOON/NIGHT: shower + sulphur ointment	MORNING: change of clothes + wash clothes and clean the house (page 3) AFTERNOON/NIGHT: shower + sulphur ointment	AFTERNOON/NIGHT: shower + sulphur ointment	AFTERNOON/NIGHT: shower + moisturising cream
DAY 8	DAY 9	DAY 10	DAY 11
AFTERNOON/NIGHT: shower + sulphur ointment	MORNING: change of clothes + wash clothes and clean the house (page 3) AFTERNOON/NIGHT: shower + sulphur ointment	AFTERNOON/NIGHT: shower + sulphur ointment	AFTERNOON/NIGHT: shower + moisturising cream

IVERMECTIN

Occasionally, your doctor may also recommend the use of oral ivermectin, alone or in combination with sulphur ointment.

Take one dose (one or several tablets at the same time), preferably at dinner, fasting 2 hours before and after, and repeat one week later. The dosage schedule may vary; please follow your doctor's instructions.

SKINCARE

Itching may persist for up to 2-4 weeks after treatment. Moisturiser should be applied daily between treatments. Your doctor may recommend medication to reduce these symptoms.

CARE OF MY ENVIRONMENT

TREATMENT OF CLOTHING



The morning after the personal treatment, treat the clothes used in the previous 3-4 days (towels, sheets, clothes...):

- Machine wash at 60°C for 10 minutes in the case of clothes that can be washed this way without damaging them or tumble dry on a hot cycle for 20 minutes.
- Other delicate clothes or clothes that cannot be washed at high temperatures: put them in a plastic bag and keep it closed for 7 days.



ON THE DAY AFTER THE TREATMENT, WEAR CLOTHES THAT HAVE NOT BEEN WORN RECENTLY

FURNITURE



Upholstery in direct contact with the skin (sofas, car seats, cushions, cuddly toys, etc.): vacuum or avoid contact for 7 days after starting the treatment.

Do NOT treat:
cutlery,
kitchenware,
curtains,
surfaces...

THE USEFULNESS OF INSECTICIDES HAS NOT BEEN PROVEN

SCHOOL/WORK ENVIRONMENT

Scabies is no longer contagious 12 hours after treatment.

You can go to school or work as usual after the 1st application of the treatment (if applied in the evening, the following day). Other measures may be indicated in case of outbreaks (residential halls or school settings).

After treatment, avoid further contact with people with untreated scabies in your social or family circle to prevent further transmission.