

Follow the directions on the medicated cream exactly as written.

All clothing, bed linens, and towels used within the 2 days prior to treatment should be machine washed in hot water and dried in the dryer hot cycle for at least 20 minutes, or dry cleaned following treatment.

Itching may persist for a short while after treatment. This is normal and should not be interpreted as a treatment failure.



Treatment can be repeated 7 to 10 days after the first one but only if new scabies lesions appear.

NOTE: Children under 2 years of age, pregnant women, and breastfeeding mothers should always check with their doctor prior to treatment for scabies.

When can you return to work or school?

You can return to work or school when the treatment has been properly completed—within 24 hours.

To be assured that the treatment has been successful, you should see your doctor.

CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

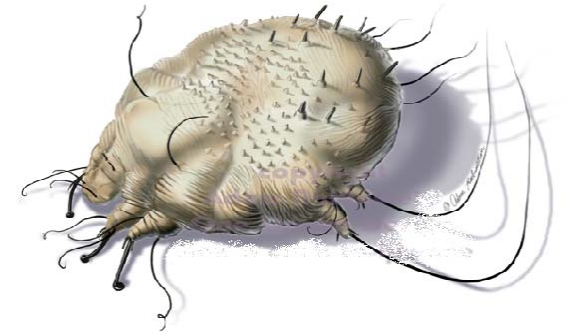
- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

Scabies

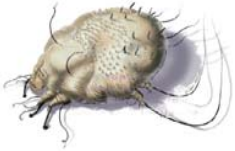


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What is scabies?

Scabies is a contagious skin infection caused by a tiny parasite known as a mite. Mites can burrow into the skin and lay their eggs. This burrowing often causes a fine red, itchy rash known as a scabies infection.



What does a scabies infection look like?

The scabies mite may infect the entire body but it usually first appears as a fine, red, itchy rash between the fingers: on the wrists or forearms; and on the inside of the thighs. A scabies infection can be very uncomfortable, especially at night when the itch is more intense or when excess scratching leads to a more serious skin infection.

How is scabies spread?

Scabies is spread by close personal contact with an infected person or articles of clothing used by an infected person. Often when one member of a family has scabies, it spreads to all family members. Scabies epidemics are quite common in large group environments such as schools.

How long does a scabies infection last?

Untreated, scabies can infect the entire body and the individual remains contagious and has the potential to infect others. Also, due to intense itch, scabies can result in a more serious skin infection unless it is properly treated. Proper treatment will get rid of the scabies mites almost immediately, and the rash and itching will disappear within a week.

What should you do if you suspect you or a member of your family has scabies?

If you suspect you have scabies, you should stay home from work or school until the infection has been properly treated. It is recommended that you contact your family doctor who will diagnose your condition and recommend the appropriate treatment.

Because scabies is so contagious, it is recommended that all members of the household receive treatment at the same time, even if itching does not occur.

The CU Healthy Program gratefully acknowledges Nova Scotia Health Promotion and Protection and the Mayo Clinic as a resource for the information in this brochure

To assist with the control of a scabies epidemic, you should inform your workplace or school about your condition so that other infected persons might be contacted and treated at the same time.

What is the recommended treatment for a scabies infection?

Scabies treatment involves eliminating the infestation with medications. Several creams and lotions are available. You usually apply the medication over all of your body, from your neck down, and leave the medication on for at least eight hours.

Medications commonly prescribed for scabies include:

- **Permethrin 5 percent (Elimite).**
- **Lindane.**
- **Crotamiton (Eurax).**

Doctors sometimes prescribe the oral medication ivermectin (Stromectol) for people with altered immune systems, for people who have crusted scabies, or for people who don't respond to the prescription lotions and creams.