

What is scabies?



Scabies is a disease caused by a mite (parasite). It is very common and can affect people of any age, origin, background, social status or hygienic habits.

What are the symptoms?



It causes intense itching, especially at night. Symptoms appear 2 to 6 weeks after exposure or contact (physical skin-to-skin contact with a person who has scabies).

How is it transmitted?



- By prolonged physical skin-to-skin contact with a person who has scabies.
- By contact with objects such as clothing, bed linen, towels, cushions or other textiles used by a person who has scabies.

A person who has scabies can still pass on the disease even if they have no symptoms.



If you have been in direct contact with a person who has scabies and have suspicious symptoms, you should go to a health centre as soon as possible.



Scabies

Prevention and control



**Generalitat
de Catalunya**

What should you do?

Both the person diagnosed with scabies and their contacts (household members, relatives, sexual partners or people they have had prolonged physical skin-to-skin contact with) should be treated as directed by the healthcare provider. Everyone has to follow the medical treatment prescribed by the healthcare provider and take the hygiene measures at the same time.

Hygiene measures

Medical treatment

How should you take oral ivermectin?



These should be taken on the same day as the medical treatment is started.



Clothing, towels and bed linen used one week prior to the first intake of the medicine: wash at 60° C. Carpets should be vacuumed.



Clothes or material which cannot be washed (blankets, cushions, rugs, etc.): seal them in a plastic bag for 7 days. Clean regularly-used surfaces with bleach.



Do not share clothing or towels.



Change clothing and bed linen used during the treatment.



Repeat after 7 days.



1. Start the treatment all together.



2. Trim your nails, shower and dry your skin thoroughly.



3. Take the medicine, preferably in the evening (do not eat for two hours before and after taking the medicine), as directed by your healthcare provider. Avoid social contact for 24 hours after treatment: school, work, etc.



4. Shower with warm or cold water and soap the following day. Dry yourself with a clean towel.



5. Wear clean clothes and use clean sheets.



6. Repeat after 7 days as directed by your healthcare provider.

Itching may continue for up to 6 weeks after treatment

