

# SCABIES

## WHAT IS SCABIES?

Scabies is a skin condition caused by an infestation of tiny mites. These mites crawl under a person's skin and lay eggs. This can cause itching on most of the body.

## WHAT SHOULD I KNOW?

Scabies spreads by direct skin-to-skin contact with a person who has scabies. It also spreads among families through contact with used clothing, bedding, and towels.

## HOW DO I KNOW IF I HAVE IT?



Red bumps or a bumpy rash.



Severe itching, especially at night.



Tiny burrows under the skin.

## HOW CAN I PREVENT IT?



Avoid skin-to-skin contact with a person who has scabies.



Wash and dry family towels, clothing, or bedding on hot water and hot dryer cycles.



Clean and vacuum rooms where the person with scabies has been.

## TREATMENT TIPS

- Your doctor will prescribe a topical cream that can treat scabies.
- Store infected items, that cannot be washed, in a sealed plastic bag for at least 72 hours.

## WHEN TO ASK A DOCTOR?

If you think you or a family member has scabies, talk to a doctor. All family members should be treated at the same time to prevent a scabies re-infestation.