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## *Information for You from Your Health Care Team*

### **Scabies**

**What is scabies?** Scabies (skay-bees) are tiny bugs called mites that get into the skin and cause very itchy bumps. You may not know you have scabies until 2 or 3 weeks after you are infected.

**How is scabies spread?** Scabies spreads from one person to another. Usually, it spreads to people who live with you. It may be spread between babies and children in daycare centers. Scabies does not come from animals. Pets may have a form of scabies, but it does not affect humans.

**How is scabies treated?** Scabies is treated with a cream that you apply all over the body. You even put the cream under the arms, in the groin or diaper area and in between fingers and toes. The cream is put on before going to bed at night, and washed off in a bath in the morning. Everyone living in the house should be treated at the same time because they may not have developed symptoms yet. If everyone is not treated, the rash can come back.

**What should you do for the itching?** The itching is sometimes severe, so a steroid cream can be used after the treatment is done. Sometimes medicines like Benadryl® can help to calm the itch. It is important to remember that even after treatment the itching may go on for 1 to 2 weeks. If the rash is not better after 1 or 2 weeks, you should see your doctor. You may need to be treated again.

**How do I stop Scabies from coming back? The best ways are:**

- 1) Treat everyone in the house at the same time.
- 2) Wash all sheets and towels in hot water. Dry on high heat.
- 3) Put all stuffed animals in a plastic bag for 2 to 3 days.
- 4) Vacuum all rugs and furniture, or cover furniture with a sheet or towel.

**When can my child return to daycare or school?**

The day after the treatment is done.

**Today your doctor has recommended:** \_\_\_\_\_

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