

You have scabies - what does this mean?

The doctor has told you that you have scabies. The doctor has started a treatment with ointment. This leaflet gives step-by-step instructions on how you can treat scabies and what you can do to prevent contamination of others.

What is scabies?

Scabies is a skin disease. You will get a lot of itching. The itching can be intense, especially at night. It is caused by parasites underneath the skin. Scabies is very annoying, but not dangerous.

How can you make sure you do not infect anyone?

- Do not have skin-to-skin contact for longer than 15 minutes:
 - Cuddling
 - Walking hand-in-hand
 - Sex
- Do not sleep in the same bed
- Do not sit on the same bed
- Do not wear each other's clothing



Pregnancy and breastfeeding

If you are pregnant, or if you think you are pregnant, please consult your doctor for the best treatment. Also consult your doctor if you are trying to become pregnant or if you are breastfeeding.



Children

Does your child have scabies? Then visit your doctor for effective treatment.



How is scabies treated?

Scabies does not go away by itself. Scabies can be effectively treated with medications. If you have scabies, everyone living in your household must also see the doctor. If they also have scabies, your housemates might infect you again after your own treatment.

The next page gives step-by-step instructions on how to treat scabies.

*If you have any questions, you can contact the
Infectious Disease Control department of the
Municipal Health Services [GGD].*



Treatment with ointment

Day 1 Date



Your clothes

1. Collect all the clothes that you have worn in the last 3 days.
2. Put them in a plastic bin liner. Place the bin liner next to the washing machine.
On day 2, you will wash these clothes at 60 degrees.
3. Place the items that cannot be washed at 60 degrees (such as coat, shoes and soft toys) in another plastic bin liner. Seal the plastic bin liner. Leave the plastic bin liner for 3 days inside the house. The parasites will then die.



Evening

4. Make sure your skin is dry and cool. Do not take a bath or shower.
5. Do not use other products on the skin.



Cutting nails

6. Trim your finger nails and toe nails.



Applying the ointment

7. Apply the ointment from your jaw over your entire body and underneath the nails.
Do not miss any area of the skin.
8. Someone else must apply the ointment on your back. This person must wear protective gloves.
9. Do not apply ointment on the head.
10. Do not apply ointment on the inside of the genitals.
11. Leave the ointment on all night, but at least for 8 hours.
12. After washing your hands or visiting the toilet, re-apply the ointment to the hands/nails and buttocks.



Sleep

Day 2 Date



Getting up



60°C

The bed

1. Remove the sheets and pillow case from your bed.
2. Place the sheets and pillow case in the washing machine. Wash at 60 degrees.



Taking a shower and washing clothes

3. Take a shower.
4. Dry yourself with a clean towel.
5. Put on clean clothes.
6. Place the towel and the bed clothes you were wearing in the washing machine. Wear disposable gloves to do this.
7. Wash the clothes and towels at 60 degrees.
8. Also wash the rest of the clothing from the bin liners at 60 degrees.
9. Throw the gloves away in the bin.



60°C



Making the bed

10. Make your bed with clean sheets and pillow case.



The treatment is finished

After the treatment, the itching may still continue for 4 weeks. This is normal. You can ask the doctor for medication to treat the itch.

Day 4 (after 72 hours) Date

Today, you can use the clothes and the items from the plastic bin liner again.

Plaats hier de contactgegevens van uw GGD.