

# How to treat scabies:

Everyone in the house must be treated at the same time, even if they are not itchy.

## Applying the cream or lotion:

- The lotion or cream must stay on the body for at least 8 hours (up to 14Hrs) to kill the mites.
- Apply the cream or lotion just before going to bed to avoid it being washed off.
- If a part of the body i.e. hands is washed during this time, immediately reapply the cream.
- Put the treatment on the whole body from the chin to the soles of your feet including between your fingers, under the nails, in the tummy button and on the genital region.
- In the morning have a shower and put on clean clothes.
- Repeat this treatment after 1-2 weeks as the eggs of the mite are not killed by the cream and will hatch after the first treatment.
- Don't apply the cream more than twice without medical advice. Overuse can irritate the skin.

## Getting rid of the mite from the house:

### Bedding and towels:

- On the morning after everyone has been treated, all sheets and towels must be stripped and hot washed (50°C for at least 10 minutes) and hot dried (hottest tumble dryer setting for 20 minutes).  
For bedding that can't be hot washed or dried other options are:
  - dry clean, or
  - seal in plastic bag for 7 days at room temperature, or
  - seal in plastic bag and freeze

Note: The mites are too big to go through weave of sheets, so under blankets and mattresses do not require washing. Duvets or quilts can be hung in the sun for a day.

Soft toys can be treated with one of the above options.

### Clothing

- All clothing worn immediately before treatment and any stored clothing that has been regularly handled by the infected person must be

treated to kill the mites

Use one of the following methods:

- hot wash and dry as above, or
- dry clean, or
- seal in plastic bag for 7 days at room temperature, or
- seal in a plastic bag and freeze overnight

### **Carpets and household items**

There is no need to treat carpets and chairs or couches with anything to kill the mites but a thorough vacuum is a good idea.

The itch can last for 4-6 weeks. This is due to an allergic reaction to the mite that takes time to settle. It does mean you are still infected with the mite.

Moisturisers, anti-histamines and steroid creams can help with the itch.

### **You should see your GP if:**

There is still itch 6 weeks after finishing the treatment

You think the scratched areas have become infected