

## SCABIES

This brochure explains what scabies is. It further explains the treatment with ointment.

### What is scabies?

Scabies is a skin disease. It makes you itch considerably. The itch is especially intense at night. It is caused by a small creature residing under the skin. Scabies is very annoying, but not hazardous.

### How do you get scabies?

You will get scabies from someone else who has scabies, by:

- having contact for longer than 15 minutes with the skin of someone who has scabies and by:
  - cuddling
  - holding hands
  - having sex
- sleeping in the same bed
- sitting on the same bed
- wearing each other's clothes

### What is the treatment for scabies?

Scabies does not go away by itself. It can easily be treated with medication. You must also thoroughly clean your clothes and bedding. Your children/partner/room-mates must also see the doctor when you have scabies.

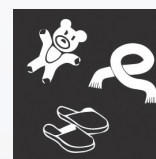
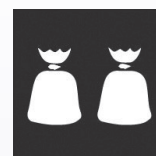
The treatment with ointment is explained on page 2.

**TREATMENT WITH OINTMENT**

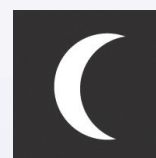
**Day 1. Day and date:** .....

**Your clothes**

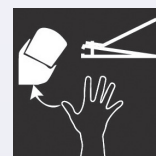
- Collect all the clothes you have worn in the past 3 days and place them in a plastic rubbish bag.
- If you do not have enough clothes, discuss this with the COA <sup>1)</sup>.
- Place the items that you cannot wash at 60 degrees Celsius (such as a coat, shoes, and soft toys) in a different plastic rubbish bag. Keep this bag closed for 3 days. This will kill the creatures.

**Evening**

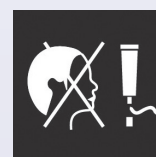
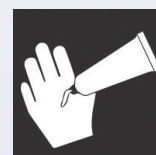
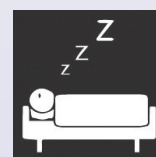
- Lay out clean clothes and a clean towel for the next morning.

**Clipping nails**

- Clip your fingernails and toenails.

**Rubbing ointment on**

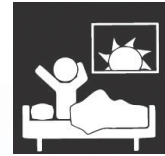
- Rub ointment on your entire body from your jawline down and under your nails. Do not skip any piece of skin.
- Have someone else rub ointment on your back. This person must wear gloves.
- Do not rub ointment on your head or face.
- Do not rub ointment on the mucous membrane in the genital region.
- Do rub some ointment in your intergluteal cleft.
- Leave the ointment on during the entire night (8 hours at the least).
- After washing your hands, again put ointment on your hands and under your nails.

**Sleeping**

<sup>1)</sup> COA: Central Agency for the Reception of Asylum Seekers.

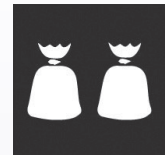
**Day 2. Day and date:** .....

### Rising



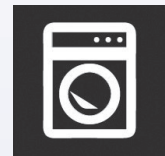
### The bed

- Strip the bed of its sheets and pillowcase.
- Put the sheets and the pillowcase in a plastic rubbish bag.
- Hand in this plastic rubbish bag at COA <sup>1)</sup>.



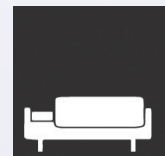
### Showering

- Take a shower.
- Dry yourself with a clean towel and put on clean clothes.
- Place the towel and the clothes you wore while sleeping in the washing machine, together with the clothes in the plastic rubbish bag.
- Wash these clothes at 60 degrees Celsius.



### Making the bed

- COA <sup>1)</sup> will provide you with clean bedding.
- Make your bed.



**Day 4. Day and date:** .....

Today, you can again begin using your clothes and the items in the plastic rubbish bag.

## CONTINUATION

GC A <sup>2)</sup> will have discussed the continuation with you.  
The itching can continue for up to 4 weeks after the treatment. That is normal.  
You can ask your doctor for medication for the itching.

<sup>1)</sup> COA: Central Agency for the Reception of Asylum Seekers.

<sup>2)</sup> GC A: Asylum Seekers Health Centre.