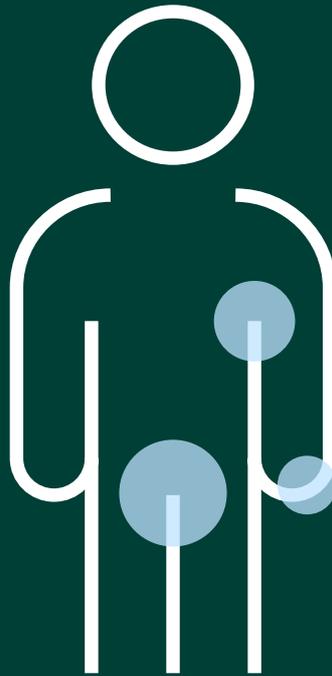




# Scabies – general guidance



**Scabies is most often found here,** but also on and around your knees, elbows, navel, wrists and buttocks. In children, scabies is also found on the feet as well as on the face, scalp and neck.

**Scabies is an itchy skin condition caused by tiny mites that burrow into the skin. Having scabies is not dangerous, but very itchy. Anyone can get scabies – the condition is not caused by poor hygiene.**

## **How do you get scabies?**

The scabies mite is spread by direct skin-to-skin contact with someone who has scabies.

## **Symptoms**

Scabies causes intense itching, especially at night.

## **Treatment and tracking**

If you think you may be infected with scabies, you must contact your doctor. Your doctor can make the diagnosis and prescribe the right treatment. When you have received treatment, you can no longer pass scabies on to someone else. But even when you have been treated, your skin may still be itchy for some time. You can get reinfested with scabies.

If someone in your family gets scabies, everyone living with the infested person must also be treated.

It is important that everyone is treated on the same day, as others family members may also be infested even if they do not yet have any symptoms. If you have shared towels, clothes or bedding with someone outside your household, they should also be treated.

## **Helpful tips to prevent the mites from spreading**

Scabies is highly contagious, so you should be careful not to pass it on to others. Tips on how to prevent scabies from spreading:

- Avoid close contact with someone who has scabies until they are receiving treatment
- Avoid sharing towels, clothing or bedding with someone who has scabies until they are receiving treatment
- Vacuum beds and furniture and clean your home using ordinary cleaning products
- Wash clothes, bedding and towels at 60 degrees on the same day as treatment begins