



Scabies

Scabies:

An infectious skin disease that affects all age groups and is not an indication of poor hygiene. It is not possible to get infection from animals, since the human type (*Sarcoptes scabiei* var) does not infect animals.

Transmission:

It is transmitted easily by direct contact with the skin of the injured person for a long time (skin contact), or indirectly by sharing clothes, towels, or bedding and others used by an infected person.

Cause:

It occurs due to the transmission of the mite parasite from the infected person to another person, and itching is produced as an allergic reaction to the body towards the mites and their eggs.

Mite parasite:

- A small parasite that can not be seen with the naked eye.
- Scientific name:: *Sarcoptes scabiei* var.
- often does not live for more than two to three days outside the human body.

Symptoms:

- Severe itching, especially at night (most common symptom)
- Skin rash involving bubbles and blisters.
- Scratches due to itching.
- Thick crust on the skin.
- The child may experience a severe red rash, especially in the inside of the wrist or between the fingers or toes.



Most affected body parts:

- Hands and feet (especially between fingers).
- Navel and buttocks.
- The inner part of wrists.
- Underarms.
- Elbows.
- Around the breasts
- Genitals

In infants and children:

- Scalp
- Face.
- Hand palm
- Sole.

Incubation Period:

If one have never had scabies before, symptoms may take 4-6 weeks to develop, and it is important to remember that an infected person can spread scabies during this time even if they do not show any symptoms.

Most vulnerable groups:

- People with deficiency in the immune systems.
- Inpatients.
- Children
- mothers.
- The elderly
- People with disabilities.
- Health practitioners.

When to see a doctor:

When you notice signs and symptoms may indicate Scabies.



Diagnosis:



- Clinical examination of the patient's skin from head to toe.
- Conducting tests to confirm infection: This is done by scratching (scraping) the skin of the affected area gently and taking it as a sample (biopsy) to be examined under a microscope; where the presence of mites or eggs is identified.

Treatment:


In order to prevent outbreaks, patients should receive medical treatment promptly through treatments called “scabies” following the doctor's instructions, making sure to complete the course of treatment. These drugs are often applied to the skin, and infants and young children often need To the treatment of the scalp and face, as specified by the doctor.

In addition, people in close contact with the infected will need treatment at the same time, even if they do not show any signs or symptoms.


Drugs used to treat Scabies are:

Comments	How to use	Commercial name	Medicine name
It can be used for children from the age of 2 months, It is considered the best medicine for the treatment of scabies.	To be used on the entire body, and the instructions for use should be observed.	Elimite 	Permethrin cream 5%
Only for adults.	To be used on the entire body, and the instructions for use should be observed.	Eurax 	Crotamiton lotion 10% and Crotamiton cream 10%



Comments	How to use	Commercial name	Medicine name
It can be used for children under the age of 2 months,	To be used on the entire body, and the instructions for use should be observed.	There are several types in the market	Sulfur (5%-10%)
<ul style="list-style-type: none">- not considered the drug of choice for treatment, as It is considered a toxic substance so be careful when administered to avoid entering the mouth.- can't be used for pregnant or nursing women- can't be used for children- can't be used for people with sensitive skin- can't be used for people who weigh less than 110 pounds	To be used on the entire body, and the instructions for use should be observed.		Lindane lotion 1%



Comments	How to use	Commercial name	Medicine name
<p>Safe and effective for the treatment of scabies but not approved by the US Food and Drug Administration for the treatment of scabies.</p> <ul style="list-style-type: none">- It is used in case the patient does not respond to other treatments.- There are no studies on the safety of the drug for children weighing less than 15 kg or for pregnant women.	<ul style="list-style-type: none">- Taken orally (pills)- Taken with food-Dose depends on weight	<p>Stromectol</p> 	Ivermectin

Prevention:

- Make sure to wash the patient's clothes independently from others.
- Make sure to wash bed linen and clothes that were used within 3 days before treatment in the washing machine, rinse with hot water and dry at high temperatures.
- Avoid sharing clothing, towels, etc. with the infected person.
- Avoid crowded places.
- Make sure to place the non-washable material in a plastic bag and store them away for a week.
- Keep rooms clean with special household cleaners.
- Avoid having sex with the infected spouse.

Clinical Health Education Department

For more information please contact via email:

hpromotion@moh.gov.sa