

SCABIES



What you need to know

Courtesy of Dr M Raboobee

What is scabies?

Scabies is caused by a mite called *Sarcoptes scabiei*. The mites burrow through the skin and make a home for themselves there. They do not feed on your blood.

Yes it is contagious!

How did I get scabies?

You may contract scabies from a direct contact with another person with scabies. Eg: hugging or sexual contact. It is common in institutions like nursing homes and hospitals where scabies can spread rapidly from one person to another.

Symptoms

If you have Scabies, you will experience a mild itch at first which gradually develops into intense itch that is worse at night. At this stage, it may disturb your sleep which is most frustrating! It commonly occurs in the webbed spaces of the fingers and toes.



Treatment

1. Apply Ascabiol to the body from the neck down daily for 3 days OR
2. You may use Spregal spray for scabies. You spray this onto your entire body from the neck down only once.
3. Use Allergex syrup or similar antihistamine for itchy sensation
4. You may use Dermikelp cream to apply to itchy areas.

You may still feel some itchiness for a few days before you are symptom-free.



Ensure you wash all your bedding in boiling water and leave the linen out in the sun, together with your mattress. Iron all your clothes.

Scabies mites can only survive 72 hours if not on a human host.