



HOW DO YOU APPLY THE CREAM?

- Apply it over your entire body, from your jawline to the soles of your feet. Don't forget to include under your nails, in skin folds and between your fingers and toes.
- For children aged 2 months to 2 years, apply it on their head and face as well (avoid the zone around the mouth and eyes if there are no lesions there).
- Let someone else apply it on your back.
- Leave the cream on your body for 12 hours.
- After applying the cream to children, put on socks or mittens to prevent salve getting in their mouth.
- Reapply cream to your hands each time after washing them.
- Reapply cream to your genital region and buttock folds after each toilet visit.

If you are helping someone to apply the cream, put clothes in bags or change bedclothes, wear an apron with long sleeves and disposable gloves.

WHAT SHOULD YOU DO AFTER APPLYING IT?

- Dress in clean clothes and change the bedclothes.
- Take a shower or bath after 12 hours and put on clean clothes again. Handle the clothes you've worn according to the hygiene instructions printed in this folder.
- If you start the treatment in the evening, change the bedclothes in the morning again.

What can be done about the itching?

In the first week after treatment with the cream, the itching can get worse due to an allergic reaction to the mite. The itching can persist for 4 weeks. A moisturising cream or antipruritic agent can offer relief.

If the itching persists, the lesions get worse or new lesions appear, it is best to consult your doctor. Your doctor may decide to repeat the treatment.

Any questions?

Consult your doctor or contact the Agency for Care and Health in your province:

- infectieziektebestrijding.antwerpen@vlaanderen.be or 03 224 62 06
- infectieziektebestrijding.limburg@vlaanderen.be or 011 74 22 42
- infectieziektebestrijding.oostvlaanderen@vlaanderen.be or 09 276 13 70
- infectieziektebestrijding.vlaamsbrabant@vlaanderen.be or 016 66 63 53
- infectieziektebestrijding.westvlaanderen@vlaanderen.be or 050 24 79 15

Uit het Nederlands vertaalde folder die ook in het Nederlands te verkrijgen is via bovenstaande contactgegevens.

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SCABIES

AGENCY FOR
CARE AND HEALTH

Scabies is a contagious skin condition caused by the scabies mite. The scabies mite is an arachnid that is so small, it cannot be seen with the naked eye. She digs a groove in the skin surface to lay her eggs in. Often these grooves are not evident, the symptoms are more an itchy rash with red spots. This sometimes leads to a considerable delay in the diagnosis. The most important symptom is itching, which develops 2 to 6 weeks after infestation and is usually worse at night.

HOW DO YOU GET INFECTED?

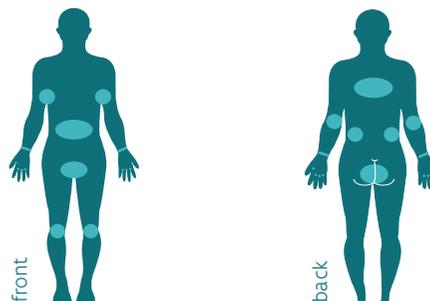
With common scabies, you can become infected after long (15 minutes or more) or repeated intensive physical contact with someone who has scabies. This can include physical care of a person's body, sexual contact or sharing a bed and clothes.

There is also a more infectious form of scabies (*Scabies crustosa*), which can lead to infection after a brief contact.



WHERE DO THE LESIONS OCCUR?

The scabies mite prefers nestling between the fingers, on the inside of the wrist, the outside of the elbow, in the armpits, on buttocks and thighs, around the belly button, on the feet and genitalia.



HOW IS SCABIES TREATED?

Scabies does not heal naturally, but it can be treated. Treatment involves applying a cream against scabies to your entire body and following a number of hygiene measures.

In Belgium, a cream based on permethrin is primarily used. It is only available on prescription. Usually, 1 treatment is sufficient. The treatment is repeated after 1 week in severe cases or if there are doubts about the treatment being carried out properly the first time.

It is essential to treat all people living in the same home at the same time and for them to follow the hygiene measures, even if they do not have any symptoms.

Hygiene measures

Follow these hygiene measures before you apply the cream:

- Wash all bedclothes and all clothes you wore in the past 3 days before being treated at 60°C or hotter. 
- Clothes that cannot be washed that hot, stuffed animals, shoes and slippers must be placed in tightly sealed plastic bags. Do not open the bags for 3 days and keep them at room temperature. 
- Cleaning is not necessary for common scabies. Sometimes (for example, with extensive lesions and recurrent scabies) it is necessary to vacuum upholstered chairs and carpets. 
- If you slept on a mattress without a sheet, air the mattress for 3 days at room temperature and vacuum it thoroughly afterwards.

Applying the cream

WHAT SHOULD YOU DO BEFORE APPLYING IT?

- Cut your fingernails short and clean under the nails.
- Remove jewellery and watch.