

#### Further information is available from:

- **[Patient Advice and Liaison Service \(PALS\)](#)**

We act on your behalf when handling patient and family concerns, liaising with staff, managers and where appropriate, relevant organisations to negotiate immediate or prompt solutions. We can also help you get support from other local or national agencies.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

#### Other Sources of Information

- **[NHS 111](#)**

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

Telephone: 111 (free from a landline or mobile)

Website: [www.nhs.uk](http://www.nhs.uk)

- **[Patient UK](#)**

Provides leaflets on health and disease translated into 11 other languages as well as links to national support/self-help groups and a directory of UK health websites. Website: [www.patient.info](http://www.patient.info)

- **[Self Help & Support Groups](#)**

A selection of websites providing access to good quality patient and consumer health information, covering specific age groups and conditions. Also includes Shropshire Community Directory which contains up-to-date information on community groups, clubs, societies, organisations, support groups and self-help groups covering Shropshire and its borders.

Website: [www.library.sath.nhs.uk/find/patients/](http://www.library.sath.nhs.uk/find/patients/)

#### Information in Other Formats

Different versions of this leaflet are available in large print type.

Website: [www.sath.nhs.uk](http://www.sath.nhs.uk)

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## Patient Information

### Scabies

#### This leaflet will give you information on:

- **Signs of Infection**
- **How does it spread?**
- **How long will you be infectious for**
- **How to protect yourself**

## What is Scabies?

Scabies is an allergic reaction to the body fluids of the mite *Sarcoptes Scabiei*.

The mites burrow into the deeper layers of skin where they lay eggs. The mites live for 1-2 months.

## Signs of Infection

Mites can burrow anywhere but are more common on hands, arms, and particularly between the fingers. Sometimes a few are found on the genitals or female breasts.

The symptoms of scabies are: intense itching, especially at night and a raised rash or spots. The spots may look red. They are more difficult to see on dark skin, but you should be able to feel them. The body can become very itchy with widespread rash. Itching of the rash can be worse at night. There may be small, raised pimples and patches of crusty skin.

The sites of the rash may not be in the same place as the mites. Not everybody will have sensitivity to the mite, and so not everybody develops a rash.

## How does it spread?

Through long periods of skin to skin contact – for example, sexual contact and by holding hands.

## Treatment

A number of creams or lotions are available – please ask your GP or local Pharmacist. Apply the cream following the instructions on the prescription.

Itching may persist for two to three weeks after the successful treatment, but it can be treated with a soothing lotion like calamine. Following successful treatment the rash will gradually fade.

## How will this affect me and my family?

Avoid long periods of skin to skin contact. Signs of scabies take several weeks to appear, it is easy for close contacts (household and sexual) to become infected before the disease is known. Therefore, anyone who is in close contact with someone with scabies should also be treated whether they are itching or not.

The person may return to work, school or nursery 24 hours after the treatment has been commenced.

No special steps need to be taken with used clothing and bed linen, a hot cycle in a washing machine is enough.