Scabies

VSU Student Health Center
Valdosta State University
Fall 2012
(October 2012)
Pictures
Let’s Talk About Scabies!

- Human scabies is caused by an infestation of the skin by the human itch mite (*Sarcoptes scabiei var. hominis*). The microscopic scabies mite burrows into the upper layer of the skin where it lives and lays its eggs.
- Scabies occurs worldwide and affects people of all races and social classes.
- Scabies can spread rapidly under crowded conditions where close body contact is frequent such as in dorms.
- The way scabies can spread is usually by direct, prolonged skin-to-skin contact with a person who has scabies.
Symptoms of Scabies

- Symptoms
  - The most common symptoms of scabies are intense itching and a pimple-like skin rash. Both the itching and rash, may affect much of the body or be limited to common sites such as the wrist, elbow, armpit, webbing between the fingers, nipples, penis, waist, belt-line, and buttocks.
  - If a person has never had scabies before, symptoms may take as long as 4-6 weeks to begin. It is important to remember that an infested person can spread scabies during this time, even if he/she does not have any symptoms.
  - In a person who has had scabies before, symptoms usually appear much sooner (1-4 days) after exposure.
How are Scabies Transferred?

- The scabies mite usually is spread by direct, prolonged, skin-to-skin contact with a person who has scabies.
How Long Can Scabies Live on Your Skin?

- Life of the Scabies Mite

- On a person, scabies’s mites can live for as long as 1-2 months. Off a person, scabies’s mites usually do not survive more than 48-72 hours. Scabies mites will die if exposed to a temperature of 50°C (122°F) for 10 minutes.
Treatment for Scabies

• Treatment
  • Products used to treat scabies are called *scabicides* because they *kill* scabies's mites; some also kill eggs.
  • Scabicides to treat human scabies are available only with a doctor’s prescription; no "over-the-counter" (non-prescription) products have been tested and approved for humans.

If you experience some of the signs or symptoms of scabies, please call The Student Health Center to schedule an appointment. (229-219-3200)
Who Else Should Be Treated?

• Treatment for others
  • In addition to the infested person, treatment also is recommended for sexual partners and those people you have had prolonged skin-to-skin contact.

• All persons should be treated at the same time in order to prevent reinfestation.

• Retreatment may be necessary if itching continues more than 2-4 weeks after treatment or if new burrows or rash continue to appear.
How Do I Get Rid of Scabies?

- Eradication
  - Scabies’s mites do not survive more than 2-3 days away from human skin.
    - Items such as bedding, clothing, and towels used by a person with scabies can be decontaminated by machine-washing in hot water and drying using the hot cycle or by dry-cleaning.
    - Items that cannot be washed or dry-cleaned can be decontaminated by removing from any body contact for at least 72 hours.
  - Keep clean clothes separately from dirty clothes.
Important Reminders

If you live on campus at VSU, you must do the following:

- Fill out a work order through Environmental and Occupational Safety to have your room sprayed if you do not sign the authorization form for the Student Health Center to submit a work order request.
  - The website is http://services.valdosta.edu/safety/workorder.aspx.
- Please follow the instructions below for preparing your room for extermination of mites.
  - Remove all bedding from the mattress and wash the bedding in hot water with a good amount of detergent. Do not place the clean linens back onto your bed until your bed has been sprayed
  - The exterminators will then spray your mattress with CB123 permethrin spray
  - You will need to make sure all food is closed tightly
  - Students should leave the room for a minimum of an hour so the mist can work effectively
  - Entering the room prior to this time can cause a temporary irritation to the sinuses and slight discomfort in breathing
  - Permethrin is a very safe and natural insecticide
  - Your toothbrush needs to be put away
  - If you have a fish in a tank, please cover the tank
  - All linens should be cleaned
  - Do not mix unclean and clean linens

If you are still experiencing the same medical symptoms, call Student Health to schedule another appointment (229-219-3200).

You may have to continue the steps above if symptoms continue.
References
