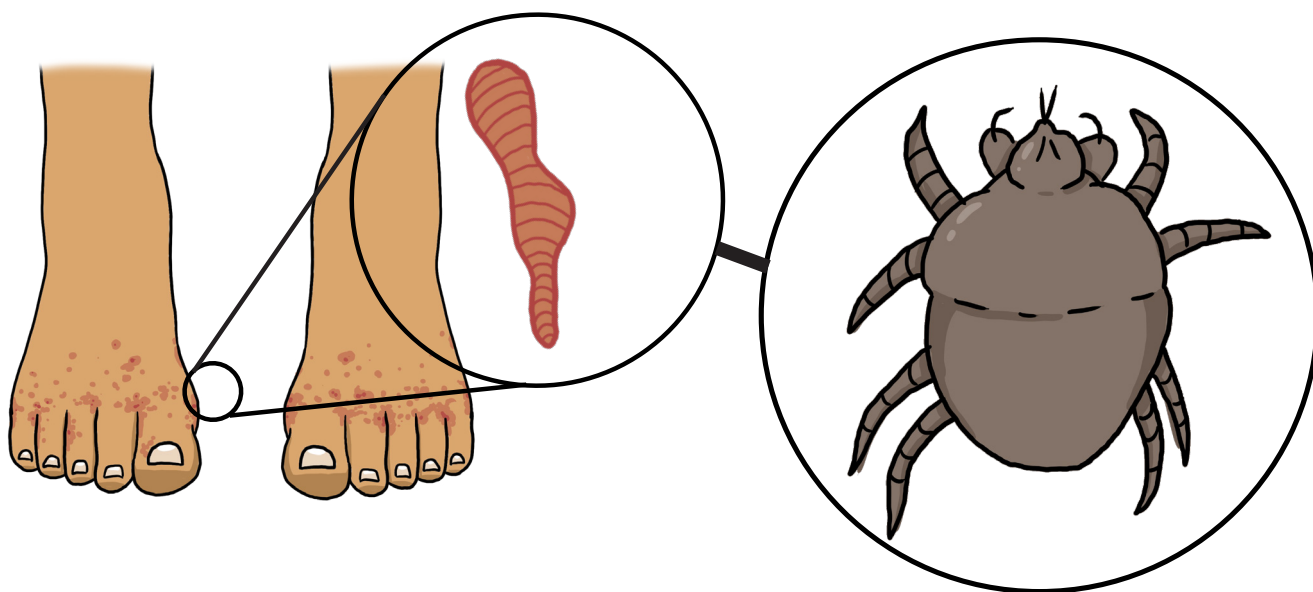




# Scabies

Scabies is caused by tiny bugs that are hard to see. They burrow under the skin to lay their eggs. The eggs hatch making more bugs that spread to other parts of the body causing a bumpy rash and making the skin very itchy.

Scabies spreads through skin-to-skin contact with other people like hugging or when sleeping in the same bed. The only way to get rid of scabies is with **medicated cream**, the whole family and anyone who has been staying with them needs to be treated with scabies creams at the same time even if there is no rash or itch, they still need to have the treatment.



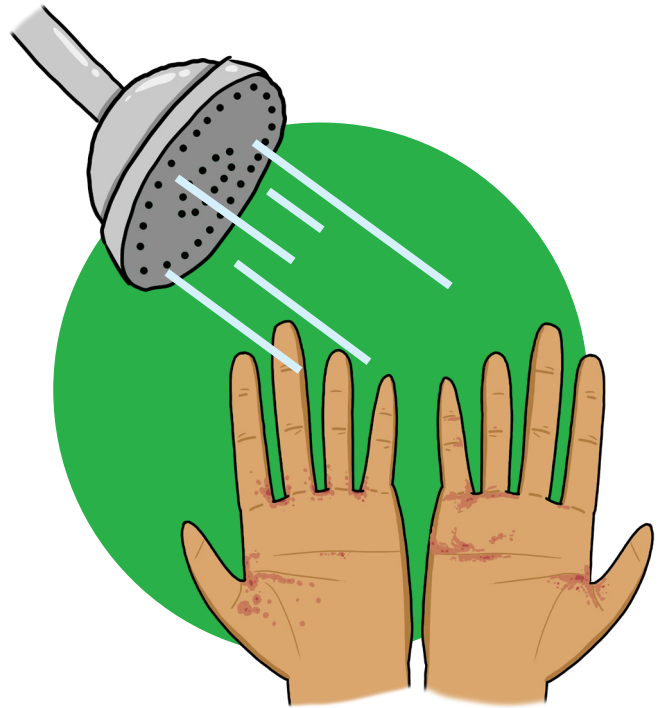
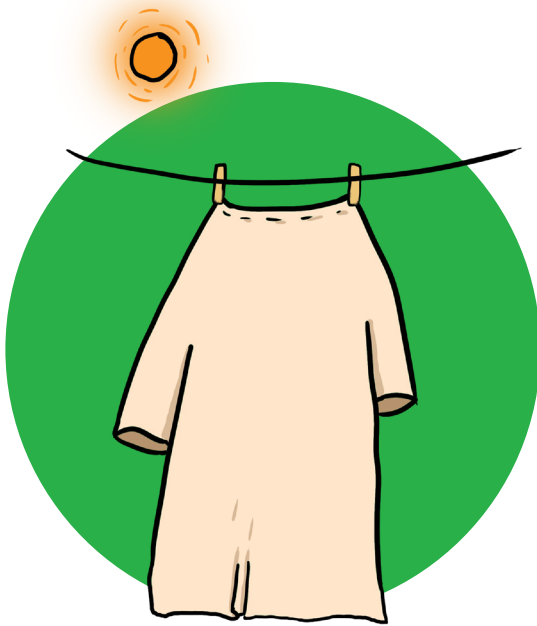
See your GP, health clinic or chemist for **medicated cream**. **Treatment** needs to happen **2 times 7 days apart** this is really important as eggs hatch within 7 days.

If not treated scabies can become infected (you will see pus or crusted sores), see GP or health clinic for antibiotics.

If bub has scabies, it's best to keep them home from school or day-care, they can go back after treatment. If the rash doesn't go away after a few weeks of using creams or taking medicine, go back to see your GP or health clinic

## Good to know

- Our skin protects you from other more serious infections we need to keep it healthy.
- Hot water makes the itch worse use warm/cool water.
- Wash clothes, sheets and towels in hot water and dry them in the sun or in clothes dryer to kill the bugs.



## Scabies creams and lotions - you may need someone to help you put it on

- Put the cream on before bedtime and after having a bath/shower, skin needs to be clean and dry leave cream on overnight.
- Start at the head (cover hair if it's in the way) down to their toes including scalp and face — avoid eyes, lips, around mouth.
- If the infestation is very bad check head for skin sores- see GP or health clinic if you see any sores.
- Put on hands again after washing, put on child's hands again before bed.

### Work carefully down the whole body. Always include:

- Between fingers and toes, soles of feet, under nails.
- Body folds — behind ears, under jaw, neck, armpits, groin, bottom, under breasts.
- Joints and joint folds — elbows, knees, heels.
- Put on hands again after washing, put on bub's hands again before bed.

**Useful website:** <https://infectiousdiseases.telethonkids.org.au/resources/skin-guidelines/>



Government of Western Australia  
Child and Adolescent Health Service

**Child and Adolescent Health Service**  
15 Hospital Avenue, Nedlands, WA, 6009.  
Telephone: (08) 6456 2222  
Produced by: Emergency Department / Social Work  
Ref: 542.1 © CAHS 2021

This document can be made available in alternative formats on request for a person with a disability.

**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

© State of Western Australia, Child and Adolescent Health Service.