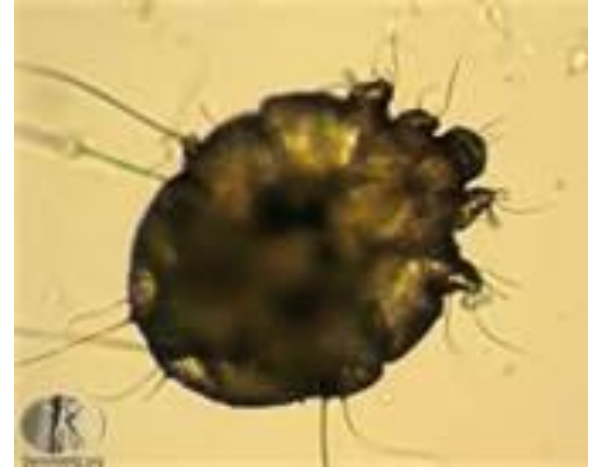


Scabies

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.

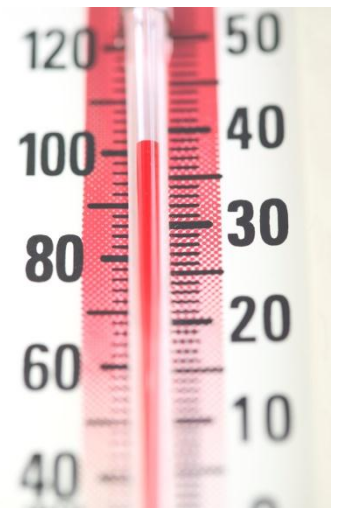
How are Scabies Transferred?

- 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.

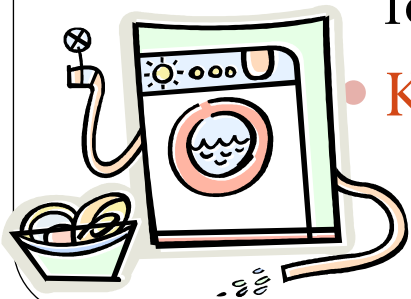
If you experience some of the signs or symptoms of scabies, please call The Student Health Center to schedule an appointment. (229-219-3200)

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

- Centers for Disease Control and Prevention. (2010). *Scabies Frequently Asked Questions (FAQs)*. Retrieved from http://www.cdc.gov/parasites/scabies/gen_info/faqs.html
- Google. (2012). *Scabies images*. Retrieved from <http://www.bing.com/images/search?q=scabies&qsn&form=QBIR&pq=scabies&sc=8-6&sp=-1&sk=>