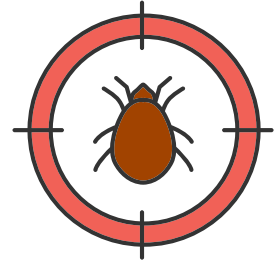


Scabies Fact Sheet

What is it?

Scabies is a skin condition caused by an infestation of tiny mites. The tiny scabies mites crawl under a person's skin and lay eggs. Scabies is found worldwide and affects people of all races and social classes.

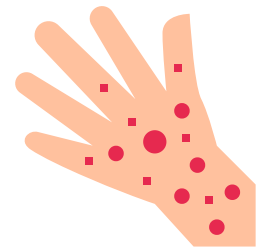


How does it spread?

Scabies is spread by:

- Direct, skin-to-skin contact with a person who has scabies.
- Contact with contaminated items like clothing, bedding, and furniture.

Institutions like nursing homes, extended-care facilities, and prisons are often sites of scabies outbreaks. Also, child-care facilities are a common site of scabies infestations.



How do I know if I have it?

If a person has never had scabies before, symptoms may take 4-8 weeks to develop. It is important to remember that an infested person can spread scabies during this time, even if the person does not have symptoms yet.

The most common symptoms of scabies are:

- Severe itching on most of the body, especially at night.
- Red bumps or a bumpy rash between the fingers, on the wrists, elbows, armpits, waist, or shoulder blades.
- Tiny burrows under the skin.



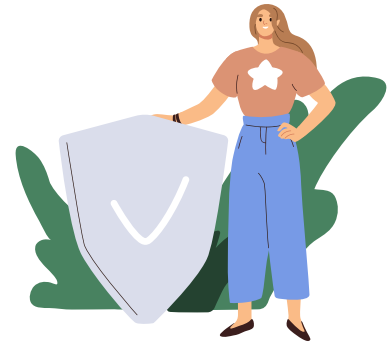
Symptoms affect the head, face, neck, palms and soles of infants and very young children.

How can I protect myself?

The best way to protect yourself from scabies is to avoid skin-to-skin contact with a person who has scabies.

You can also prevent scabies by:

- Avoiding contact with items like clothing or bedding used by a person who has scabies mites.
- Cleaning thoroughly and vacuuming the room used by a person with scabies.
- Practicing good hand hygiene.



How should I take care of myself or someone who has Scabies?

Scabies should be treated with topical creams that can kill the mites. These creams are available by prescription from your doctor.

If you have scabies, you will need to:

- Tell your family members because treatment is recommended for all people exposed to scabies.
- Clean and disinfect areas where the person with scabies has been to lower the risk of spreading scabies.



When should I call a doctor?

If you think you or a family member has scabies, talk to a doctor. Your doctor will prescribe you medicine that can be applied to your skin. Children and adults usually can return to child care, school, or work the day after treatment.

To learn more, visit Scabies webpage at www.cdc.gov.

