

## Scabies

Infection caused by scabies mite, which may cause an intense itchy rash.

### Diagnosis

Diagnosis requires an examination by your healthcare provider

### Frequent Signs & Symptoms:

- Itching that may be worse at night or if you get hot.
- A rash that may be worse between fingers, wrists, upper thighs, and waist areas, but can be widespread.
- A person may also notice a "burrow" or tunnel, a thin line in the skin that can be up to nickel size in length.
- Not everyone with scabies has visible burrows.

### Causes

Scabies mite is generally spread by person to person contact.

- The most common mode of transmission between young adults is sexual contact, although the infection can be passed without sexual activity.
- Scabies tends to be more common in the winter than in the summer.
- It is possible for a person to get scabies by wearing or handling heavily infected clothing, or sleeping in an unchanged bed recently occupied by an infected individual.
- Animals can have scabies, but are affected by a different type of mite. It can cause itching in humans, but does not require treatment.

### Scabies Appearance

The scabies mite has eight legs, is whitish-brown in color, and is nearly invisible to the naked eye.

### Health and Wellness Center

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### Treatment

Your health care provider will need to prescribe a cream called Permethrin to treat and stop the spread of the scabies mite. They may also recommend an antihistamine to help with the itching associated with scabies. It will be important to use the medication as directed.

### Management and prevention

- You will need to wash and dry bedding, and clothing.
- If you live in the residence halls, Res Life will be notified.
- It will be important to inform roommates or anyone you've had close contact with so they are aware of a possible need to treat.
- Avoiding getting overheated can be helpful.

**If symptoms worsen or do not improve, return to the clinic.**

**If you have worsening of symptoms when the Health and Wellness Center is unavailable, please follow up with the local ER or Urgent Care.**