

How to Stop Scabies in Your Home

Thanks for letting the Environmental Health Practitioner into your home to help you find ways to stop sickness in your home. This information will help prevent scabies and keep your family healthy and safe.

The scabies mite is tiny. It's the size of a pin head that burrows into the skin to lay eggs. Scabies will make you itch.

How do you get scabies?

Scabies is usually spread by person-to-person contact, sharing clothes or by bedding that may have been used by someone who has scabies.



In the home, the scabies mite can be there because:

- There are a lot of people in the house who come into contact with each other
- The washing machine is not working
- There is no hot water
- The plumbing is broken
- People share towels
- There is no soap
- Mattresses and bedding are infected with scabies mite

To stop scabies in the home you need to:



Use the medication the clinic or health professional has provided and treat everyone in the home at the same time

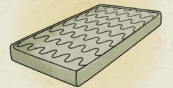


Make sure you have hot water and your taps are working. If they are not working, contact the Environmental Health Practitioner or Housing Office

If you don't have a washing machine or yours is not working, ask a family member or friend if you can use their machine



Treat your mattresses to get rid of the scabies mite or use a mattress protector that covers the whole mattress. There is more information on this below.



It is also important that you:



Wash your hands with soap and hot water



Dry yourself with your own towel



Cover all open sores where the skin is broken and keep them clean



Wash clothes and bed sheets

Tips on Washing Clothes

Because scabies spreads easily from person to person, you will need to wash all sheets, blankets, pillowcases and clothes that have been near someone with scabies. The scabies mite is killed by heat. You need to wash in the hottest water available and dry them in a clothes dryer or hang on a clothesline in the sun.

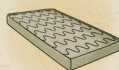


If you don't have a washing machine

Place clothes and bedding in a plastic bag. Seal it. Leave it for 3 days. This will kill the mite.

Tips on killing scabies on a mattress

If you can, place mattresses and pillows in the sun for at least 3 days. This is how long it takes the scabies mite to die when it is not on a person. A mattress protector that covers the whole mattress will also kill the mites. You can also spray your mattress with a pyrethrin based chemical, but it is best if you ask the local Housing Provider to help with this.



If the clinic gave you cream

If the clinic has given you medicine for scabies, make sure you apply it all over your body (not your head) at night before you go to bed and wash it off the next day.



Need help or more information? Contact your Environmental Health Practitioner or Clinic.