



Texas Children's Hospital



**Texas Children's Hospital
Dermatology Service
PCP Referral Guidelines- SCABIES**

Diagnosis/symptom: **SCABIES**

Referring provider's initial evaluation and management should include:

Scabies is:

- an infestation of the skin by the mite *Sarcoptes scabiei*
 - transmitted by close person-to-person contact
 - severely itchy, especially at night
 - usually distributed on the sides and webs of fingers, flexor wrists, extensor elbows, folds, periumbilicus and genitalia.
- Infants often have more severe eruption with involvement of palms & soles

Diagnosis:

- clinical; skin scrapings may be used for confirmation but are not required

Treatment:

- Permethrin 5% cream (apply to all areas of the body from the neck down and wash off after 8-14 hours). Repeat after 7-10 days
- Permethrin appears to be safe and effective even when applied to infants less than 1 month of age. In infants, permethrin should also be applied to scalp and face, avoiding eyes and mouth.**
- Cotton mitts or socks on the hands of infants and young children at bedtime will help prevent them from rubbing the cream into their eyes
- Itching persists for 1-2 weeks after successful treatment. Oral antihistamines and/or low to medium-potency topical steroids are appropriate for relief and rash may persist up to 4-6 weeks.

Control of Transmission:

- Recently used (within several days before treatment) clothing, linens, stuffed animals etc. may be bagged for several days, machine washed and then ironed or dried in a hot drier, or dry cleaned
- All household members and close contacts should be treated simultaneously, *even if they do not have skin lesions/rash*
- Close contacts without skin lesions/rash generally do not need a second, repeat treatment

UNDERSTANDING AND TREATING SCABIES

WHAT IS SCABIES?

Scabies is a very itchy skin problem caused by a mite that is too small to see with the naked eye. Scabies is highly contagious and can affect anyone. It is usually spread from person to person by close physical contact. Less commonly, it can be acquired by bedding, clothes, or towels.

HOW DO YOU TREAT SCABIES?

1. Your doctor has prescribed Elimite™ (permethrin) 5% cream. To apply, thoroughly and gently massage the cream into all skin surfaces from the jaw line to the soles of the feet. Infants and elderly persons should also apply the cream to the scalp and face, avoiding the eyes and mouth. It is very important to apply the cream all over the skin, not just to where the rash is. That includes applying it between the fingers and toes, under the nails, in the cleft of the buttocks and genitals.
2. The cream should be left on overnight (for 8 to 14 hours) and washed off with soap and water the next morning. Cotton mitts or socks on the hands of infants and young children at bedtime will help prevent them from rubbing the cream into their eyes. If the cream accidentally gets in the eyes, flush with water immediately. Treatment should be repeated one more time in 7-10 days.
3. Everyone in the household and close contacts (e.g. babysitters and grandparents) should be treated at the same time, even if they do not have a rash. Persons without a rash should be treated as above, but do not have to repeat the treatment a second time.
4. Recently used (within several days before treatment) clothing, bedding, towels, stuffed animals, etc. may be bagged for several days OR machine washed and then dried in a hot drier, or dry cleaned. It is not necessary to treat furniture, drapes, or rugs.
5. Even when these instructions and your physicians' directions have been followed carefully, itching may continue for up to 4-6 weeks after successful treatment and will be addressed by your doctor. This does not usually mean that the treatment needs to be repeated. However, if new rash occurs, please call your doctor.

OTHER INSTRUCTIONS:
