

What is scabies?

Scabies is an infestation of the skin with the microscopic mite *Sarcoptes scabiei*. Infestation is common, found worldwide, and affects people of all races and social classes. Scabies spreads rapidly under crowded conditions where there is frequent skin-to-skin contact between people, such as in dormitories, hospitals, institutions, child-care facilities, and nursing homes.

What are the signs and symptoms of scabies infestation?

- Pimple-like irritations, burrows or rash of the skin, especially the webbing between the fingers; the skin folds on the wrist, elbow, or knee; the penis, the breast, or shoulder blades.
- Intense itching, especially at night and over most of the body.
- Sores on the body caused by scratching. These sores can sometimes become infected with bacteria.

How did I get scabies?

By direct, prolonged, skin-to-skin contact with a person already infested with scabies. Contact must be prolonged (a quick handshake or hug will usually not spread infestation). Infestation is easily spread to sexual partners and household members. Infestation may also occur by sharing clothing, towels, and bedding.

Who is at risk for severe infestation?

People with weakened immune systems and the elderly are at risk for a more severe form of scabies, called Norwegian or crusted scabies.

How long will mites live?

Once away from the human body, mites do not survive more than 48-72 hours. When living on a person, an adult female mite can live up to a month.

Did my pet spread scabies to me?

No. Pets become infested with a different kind of scabies mite. If your pet is infested with scabies, (also called mange) and they have close contact with you, the mite can get under your skin and cause itching and skin irritation. However, the mite dies in a couple of days and does not reproduce. The mites may cause you to itch for several days, but you do not need to be treated with special medication to kill the mites. Until your

pet is successfully treated, mites can continue to burrow into your skin and cause you to have symptoms.

How soon after infestation will symptoms begin?

For a person who has never been infested with scabies, symptoms may take 4-6 weeks to begin. For a person who has had scabies, symptoms appear within several days. You do not become immune to an infestation.

How is scabies infestation diagnosed?

Diagnosis is most commonly made by looking at the burrows or rash. A skin scraping may be taken to look for mites, eggs, or mite fecal matter to confirm the diagnosis. If a skin scraping or biopsy is taken and returns negative, it is possible that you may still be infested. Typically, there are fewer than 10 mites on the entire body of an infested person; this makes it easy for an infestation to be missed.

Can scabies be treated?

Yes. Several lotions are available to treat scabies. Always follow the directions provided by your physician or the directions on the package insert. Apply lotion to a clean body from the neck down to the toes and left overnight (8 hours). After 8 hours, take a bath or shower to wash off the lotion. Put on clean clothes. All clothes, bedding, and towels used by the infested person 2 days before treatment should be washed in hot water; dry in a hot dryer. A second treatment of the body with the same lotion may be necessary 7-10 days later. Pregnant women and children are often treated with milder scabies medications.

Who should be treated for scabies?

Anyone who is diagnosed with scabies, as well as his or her sexual partners and persons who have close, prolonged contact to the infested person should also be treated. If your family physician has instructed family members to be treated, everyone should receive treatment at the same time to prevent reinfestation.

How soon after treatment will I feel better?

Itching may continue for 2-3 weeks, and does not mean that you are still infested. Your family physician may prescribe additional medication to relieve itching if it is severe. No new burrows or rashes should appear 24-48 hours after effective treatment.

What are head lice?

Also called *Pediculus humanus capitis*, head lice are parasitic insects found on the heads of people. Having head lice is very

common; as many as 6-12 million people worldwide get head lice each year.

Who is at risk for getting head lice?

Anyone who comes in close contact with someone who already has head lice, contaminated clothing, and other belongings. Preschool and elementary-age children, 3-10, and their families are infested most often. Girls get head lice more often than boys, women more than men.

What do head lice look like?

There are three forms of lice: the nit, the nymph, and the adult. **Nit:** Nits are head lice eggs. They are hard to see and are often confused for dandruff or hair spray droplets. Nits are found firmly attached to the hair shaft. They are oval and usually yellow to white. Nits take about 1 week to hatch. **Nymph:** The nit hatches into a baby louse called a nymph. It looks like an adult head louse, but is smaller. Nymphs mature into adults about 7 days after hatching. To live, the nymph must feed on blood. **Adult:** The adult louse is about the size of a sesame seed, has six legs, and is tan to greyish-white. In persons with dark hair, the adult louse will look darker. Females lay nits; they are usually larger than males. Adult lice can live up to 30 days on a person's head. To live, adult lice need to feed on blood. If the louse falls off a person, it dies within 2 days.

Where are head lice most commonly found?

On the scalp behind the ears and near the neckline at the back of the neck. Head lice hold on to hair with hook-like claws found at the end of each of their six legs. Head lice are rarely found on the body, eyelashes, or eyebrows.

What are the signs and symptoms of head lice infestation?

- Tickling feeling of something moving in the hair.
- Itching, caused by the an allergic reaction to the bites. I
- Irritability.
- Sores on the head caused by scratching. These sores can sometimes become infected.

How did my child get head lice?

- By contact with an already infested person. Contact is common during play at school and at home (slumber parties, sports activities, at camp, on a playground).

- By wearing infested clothing, such as hats, scarves, coats, sports uniforms, or hair ribbons.
- By using infested combs, brushes, or towels.
- By lying on a bed, couch, pillow, carpet, or stuffed animal that has recently been in contact with an infested person.

How is head lice infestation diagnosed?

By looking closely through the hair and scalp for nits, nymphs, or adults. Finding a nymph or adult may be difficult; there are usually few of them and they can move quickly from searching fingers. If crawling lice are not seen, finding nits within a 1/4 inch of the scalp confirms that a person is infested and should be treated. If you only find nits more than 1/4 inch from the scalp, the infestation is probably an old one and does not need to be treated. If you are not sure if a person has head lice, the diagnosis should be made by a health care provider, school nurse, or a professional from the local health department or agricultural extension service.

What are body lice?

Body lice are parasitic insects that live on the body and in the clothing or bedding of infested humans. Infestation is common, found worldwide, and affects people of all races. Body lice infestations spread rapidly under crowded conditions where hygiene is poor and there is frequent contact among people. Are body lice infestations common in Turkey? Body lice are usually found in populations who don't have access to changes of clothes or bath. Infestation is unlikely in anyone who bathes regularly.

Where are body lice found?

Body lice are found on the body and on clothing or bedding used by infested people; lice eggs are laid in the seams of clothing or on bedding. Occasionally eggs are attached to body hair.

Lice found on the hair and head are not body lice; they are head lice.

Can body lice transmit disease?

Yes. Epidemics of typhus and louse-borne relapsing fever have been caused by body lice. Though typhus is no longer widespread, epidemics still occur during times of war, civil unrest, natural disasters, in refugee camps, and prisons where people live crowded together in unsanitary conditions. Typhus

still exists in places where climate, chronic poverty, and social customs prevent regular changes and laundering of clothing.

What are the signs and symptoms of body lice?

Itching and rash are common; both are your body's allergic reaction to the lice bite. Long-term body lice infestations may lead to thickening and discoloration of the skin, particularly around the waist, groin, and upper thighs. Sores on the body may be caused by scratching. These sores can sometimes become infected with bacteria or fungi.

How are body lice spread?

Body lice are spread directly through contact with a person who has body lice, or indirectly through shared clothing, beds, bed linens, or towels.

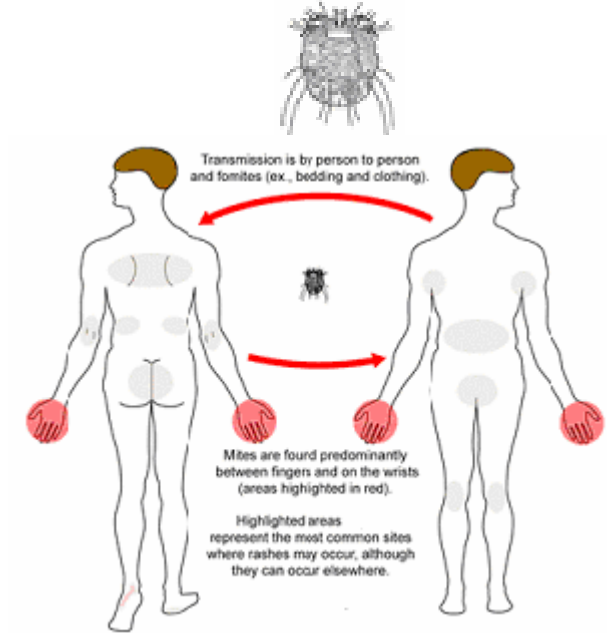
What do body lice look like?

There are three forms of body lice: the egg (sometimes called a nit), the nymph, and the adult. **Nit:** Nits are body lice eggs. They are generally easy to see in the seams of clothing, particularly around the waistline and under armpits. They are about the size of the mark at the end of this arrow → Nits may also be attached to body hair. They are oval and usually yellow to white. Nits may take 30 days to hatch. **Nymph:** The egg hatches into a baby louse called a nymph. It looks like an adult body louse, but is smaller. Nymphs mature into adults about 7 days after hatching. To live, the nymph must feed on blood. **Adult:** The adult body louse is about the size of a sesame seed, has 6 legs, and is tan to greyish-white. Females lay eggs. To live, adult lice need to feed on blood. If the louse falls off a person, it dies within 10 days.

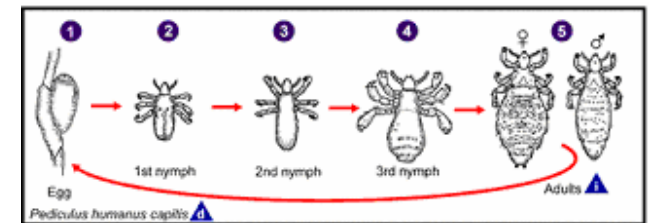
How is a body lice infestation diagnosed?

By looking closely in the seams of clothing and on the body for eggs and for crawling lice. Diagnosis should be made by a health care provider if you are unsure about infestation. How are body lice treated? Lice infestations are generally treated by giving the infested person a clean change of clothes, a shower, and by laundering all worn clothing, bed linens, and towels. When laundering items, use the hot cycle (130°F) of the washing machine. Set the dryer to the hot cycle to dry items. Additionally, a 1% permethrin or pyrethrin lice shampoo, (also called pediculicide *peh-DICK-you-luh-side*), may be applied to the body. Medication should be applied exactly as directed on the bottle or by your physician.

SCABIES



LICE



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