



AFTER APPLYING

- Put on clean clothes and put clean sheets and pillowcases on the beds.
- Every time you wash your hands, put ointment on them again afterwards.
- Every time you go to the toilet, reapply to your groin and pubic area.
- After 12 hours, have a bath or shower and put clean clothes on.
- Apply the hygiene measures above to the clothes you have worn. If you start the treatment in the evening, you must change and treat the bedding the next morning.

You may still have itching for up to four weeks after treatment. A moisturising cream or anti-itch cream or lotion can offer relief. In some cases you will have to repeat the treatment one week later.

If you help someone to apply the ointment, wear an apron with long sleeves and disposable gloves. You need to put the clothes in bags or replace the bedding.



WOULD YOU LIKE TO FIND OUT MORE?

TALK TO YOUR DOCTOR OR CONTACT THE AGENCY FOR CARE AND HEALTH IN YOUR PROVINCE

- infectieziektebestrijding.antwerpen@zorg-en-gezondheid.be or 03 224 62 04
- infectieziektebestrijding.limburg@zorg-en-gezondheid.be or 011 74 22 40
- infectieziektebestrijding.oostvlaanderen@zorg-en-gezondheid.be or 09 276 13 80
- infectieziektebestrijding.vlaamsbrabant@zorg-en-gezondheid.be or 016 66 63 50
- infectieziektebestrijding.westvlaanderen@zorg-en-gezondheid.be or 050 24 79 00

www.zorg-en-gezondheid.be/schurft

Agentschap Zorg en Gezondheid
Koning Albert II-laan 35 bus 33
1030 BRUSSEL
www.zorg-en-gezondheid.be



Vlaanderen
is zorg

v.u. Dirk Dewoif, Agentschap Zorg en Gezondheid - 03/2015



SCABIES

AGENTSCHAP
ZORG & GEZONDHEID

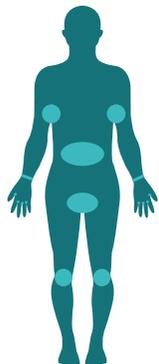
Scabies is an infectious skin condition caused by the scabies mite. The scabies mite is a spider-like parasite that can't be seen with the naked eye. It burrows into the epidermis, where it lays its eggs. These burrows can be seen on the skin as irregular lines which may be up to 1.5 cm long. Itching will start approximately two to six weeks after infection. The itching is usually worst at night.

HOW DO YOU GET INFECTED?

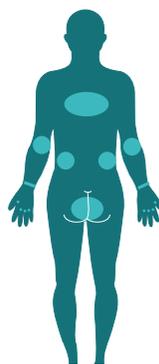
You can get infected from prolonged skin contact (10 to 15 minutes) with an infected person, by wearing their clothes or sleeping in their bed.

WHERE DOES IT OCCUR?

The scabies mite usually lodges between the fingers, on the inside of the wrist, under the armpits, on the thighs, under the breasts, around the navel, on the soles of the feet and on the genitals.



front



back

TREATING SCABIES

Scabies doesn't go away by itself, but is easily treatable. You should apply an anti-scabies ointment to your body and take a number of hygiene measures. The ointment is only available on prescription. One tube is usually enough for an adult.

All members of the household must be treated **at the same time** and take the hygiene measures, even if they don't have any symptoms.

Hygiene measures

- Wash your bedding and all the clothes you've worn in the five days prior to treatment at least 50°C. 
- Clothes that can't be washed at such a high temperature, soft toys, shoes and slippers must be put into tightly sealed plastic bags. Keep these bags well sealed for five days and keep them at room temperature. 
- Put fabric seat cushions, blankets and small rugs into tightly sealed plastic bags as well, and keep them at room temperature for five days. Roll up big rugs and put them in the corner of a room for five days. Vacuum them thoroughly afterwards. 

- For items that can't go into a hot wash, you can take the following alternative measures:
 - Put them in a hot drying cabinet for 20 minutes.
 - Put the full, tightly sealed plastic bags in the freezer at a temperature of -20°C and leave them there for 12 hours.
- Vacuum all the mattresses thoroughly. If the infected person has slept on a mattress without a fitted sheet, vacuuming will not be sufficient to remove all the eggs and mites. Instead, air the mattress for five days at room temperature and vacuum it thoroughly afterwards.
- Clean the home with ordinary cleaning products.

Applying the ointment

BEFORE APPLYING

- Cut your nails short.

HOW TO APPLY

- Apply the ointment to your whole body, from your neck to the soles of your feet. For children between two months and two years old, apply the ointment to the head and face as well.
- Leave the ointment on your body for 12 hours.
- Ask someone else to apply it to your back.