

# Advice to parents and guardians

## Scabies



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Dear Parent or Guardian,

There have been a small number of cases of Scabies within the nursery and your child may have been exposed.

### **What is Scabies?**

Scabies is a contagious skin condition caused by tiny mites that burrow into the skin. The main symptom of scabies is intense itching that's often worse at night. It also causes a skin rash on areas where the mites have burrowed. Anyone can get scabies. It has nothing to do with poor hygiene.

### **Is it dangerous?**

No. It is an unpleasant condition that can affect anyone. Sometimes because of the itching, the skin can be broken, and this can lead to skin infections.

### **How is it spread?**

Scabies mites are passed from person to person by skin-to-skin contact. You cannot get scabies from pets. People who live or work closely together in nurseries, university halls of residence or nursing homes are more at risk. It is passed from person to person through skin-to-skin contact, most likely through hand holding and sexual partners. There is a slight risk of passing through shared clothing and bedding.

### **Is there any treatment?**

Yes. Scabies is not usually a serious condition, but it does need to be treated. A pharmacist will recommend a cream or lotion that you apply over your whole body. It's important to read the instructions carefully. Let the pharmacist know if you are breastfeeding or pregnant. People with a rash will need to apply two treatments 1 week apart. It is very important that cases and their contacts receive treatment at the same time as failure to treat everyone together may prolong the infection.

### **What is the incubation period?**

Once the mite has burrowed under the skin, it can take up to 8 weeks for a rash to appear, this is caused by an allergic reaction to the mite and its waste. If a person is re-infected after treatment the rash may appear sooner.

### **How long are children infectious?**

Once the first treatment has been applied you are considered none infectious. To eradicate the infestation completely a second treatment is needed which should kill any mites that have hatched or not been killed by the first treatment.

### **How long should children stay away from school?**

Children and adults can return to work or school 24 hours after the first treatment.

### **Can you catch it more than once?**

Yes. This is often linked to poor application of treatment or not treating all contacts together.

Thank you for giving this your attention. You can find further information on Scabies from either from your local Pharmacist, GP or NHS <https://www.nhs.uk/conditions/scabies/>



Regards

Freshfield Nursery School