

The Truth About Scabies

What is it?

Scabies is a skin condition caused by the scabies mite, which burrows under the skin. The small mite can hardly be seen with the naked eye.

Do I have it?

- Most common symptom is severe itching, which is often worse at night
- See a thin, grayish, reddish or brownish line that is 2 to 15 mm long (mite burrow)

How can I protect myself from scabies?

- Avoid having sex with people infected with scabies
- Avoid direct contact with people infected with scabies

What do I do if I already have it?

- Seek treatment from a doctor; they can treat scabies with a cream called permethrin
- Put clothing or other fabrics into a plastic bag for several days and machine wash and dry them on the hottest setting

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