

GUIDELINES FOR SCABIES TREATMENT

Scabies is a parasitic skin disease caused by a mite that burrows into the skin, causing predominantly nocturnal itching, papules and/or vesicles, and burrow tracks.

Transmission occurs through close contact (skin-to-skin) and/or through contact with the personal linen and clothing of the infested person. The incubation period is 2-6 weeks, and transmission can occur before the onset of symptoms and throughout the period when the patient remains infected and untreated.

Contagiousness persists until the mites and their eggs are destroyed by treatment.

The treatment of choice typically consists of applying a prescribed anti-scabies cream to clean, dry skin over the entire body from the neck down, including intimate areas and interdigital spaces, to be removed the following morning. In addition to or in place of this, the dermatologist may prescribe systemic oral medication.

For specific treatment instructions, follow the guidelines provided by the Dermatologist and carefully read the medication package leaflet before use.

Medical therapy alone is insufficient for mite eradication. Thorough environmental decontamination is essential, as detailed below.

Individuals affected by scabies and their contacts must observe the following recommendations throughout the treatment period:

- Avoid direct (skin-to-skin) and indirect (skin-to-fabric) contact with the infected person
- If the infected person requires assistance, caregivers must wear disposable gloves during mobility support and personal hygiene activities • Use disposable gloves when handling soiled linen
- Machine wash at temperatures above 60°C on extended cycle: bed sheets, pillowcases, mattress covers, towels, undergarments, caps, scarves, fabric slippers, and all clothing including items stored in wardrobes
- Use personal towels and keep them separate from other household members
- Refrain from sharing clothing, towels, and blankets
- Items unsuitable for washing above 60°C (such as cushion fillings, carpets, curtains, woollen garments, plush toys, or fabric toys) must be sealed in plastic bags for 7 days
- Treat mattresses, armchairs, sofas, and upholstered chairs with steam at 100°C using steam cleaning devices or steam iron
- Vacuum rooms after removing bedding to eliminate any mites deposited on the floor
- Dispose of vacuum cleaner bags immediately
- Wear rubber slippers
- Maintain short and clean fingernails



Dipartimento di Igiene e Prevenzione Sanitaria

SC Medicina Preventiva nelle Comunità

SS Prevenzione delle Malattie Infettive

To prevent reinfection following daily treatment administration (ointment/tablets), it is essential to use only fresh towels, bed sheets, pillowcases, mattress protectors, blankets, undergarments, nightwear and clothing that have not been previously worn and have been laundered at temperatures exceeding 60°C. Sanitise the mattress with a vapour treatment prior to use.

This protocol must be repeated daily until the completion of the prescribed treatment course.

Self-monitoring is required for close contacts for a period of 60 days.

Should symptoms develop, please contact your General Practitioner (GP) or Primary Care Paediatrician.