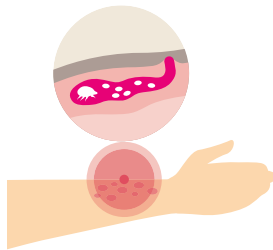


# Scabies

## What is scabies?



Scabies is a contagious skin disease that causes itching.

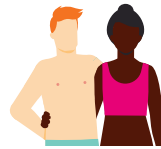


It is transmitted by tiny insects called scabies mites. They burrow into your skin and lay eggs.



Scabies does not go away on its own. You have to treat it.

## You can get scabies through:



Skin-to-skin contact with someone who has scabies;



Sharing clothes or bed linen with someone who has scabies.

## Do you have scabies?

Tell anyone you have had close contact with during the past 6 weeks. They need treatment too.



Why? It takes 2-6 weeks for the itch to develop, but you can spread it before then.

## How is it treated?



With tablets or a cream. These are available from your GP or pharmacy.



Vacuum-clean sofas, carpets and rugs.



Wash clothing, bed linen, towels and cuddly toys at 60°C. Or store them in a sealed rubbish bag at room temperature (18-20°C) for 3 days.



Repeat all steps after one week.

## Who else needs to be treated?

Members of your household

and anyone with whom you have...



... had sexual contact;



... had skin-to-skin contact (more than 15 minutes);



... shared a bed;



... shared clothing, bed linen, towels or cuddly toys.



### Important!

Everyone has to get treated at the same time. Otherwise, you will not get rid of the mites and will get scabies again.

This is a joint publication of RIVM and the GGD.

## Find out more

Visit [rivm.nl/en/scabies](http://rivm.nl/en/scabies). Or contact your GP or Municipal Public Health Service (GGD).



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