

Step-by-step instructions for treating scabies with permethrin cream

Facts and ways of getting scabies

Scabies is caused by the itch mite. You can get the itch mite through:

- at least 15 minutes of skin-to-skin contact with someone who has scabies;
- using each other's clothing, towels and bed linen – mites live for three days;
- contact with pets. Pets themselves do not get scabies, but when you pet and cuddle with them, the itch mite can temporarily get into their fur and survive there for three days.

Itching will get better after treatment, but can last for up to six weeks. This is normal, even when treatment is successful.



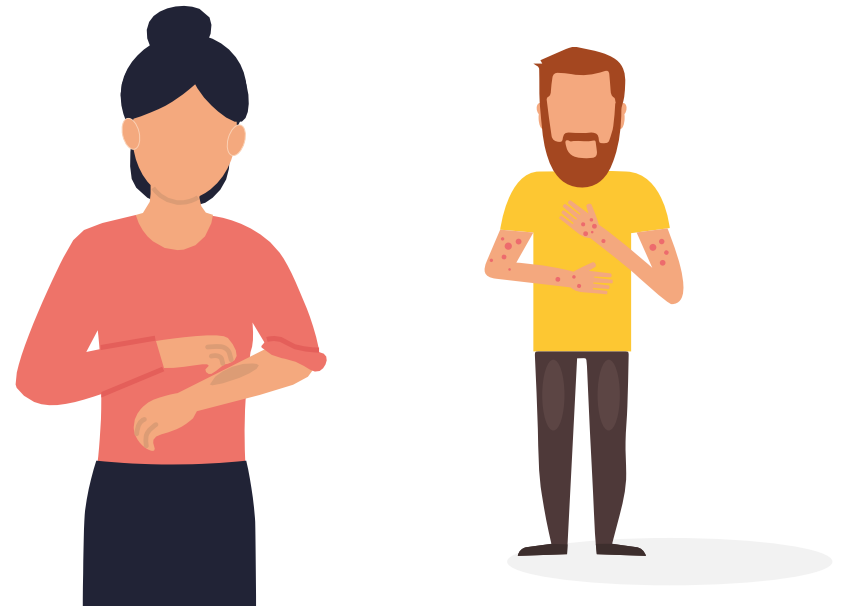
Everyone in your household should be treated together, on the same day and at the same time. Until everyone has been treated, you should avoid skin-to-skin contact with others. If you do not, you could get scabies again from a member of your household.

Read these step-by-step instructions first!

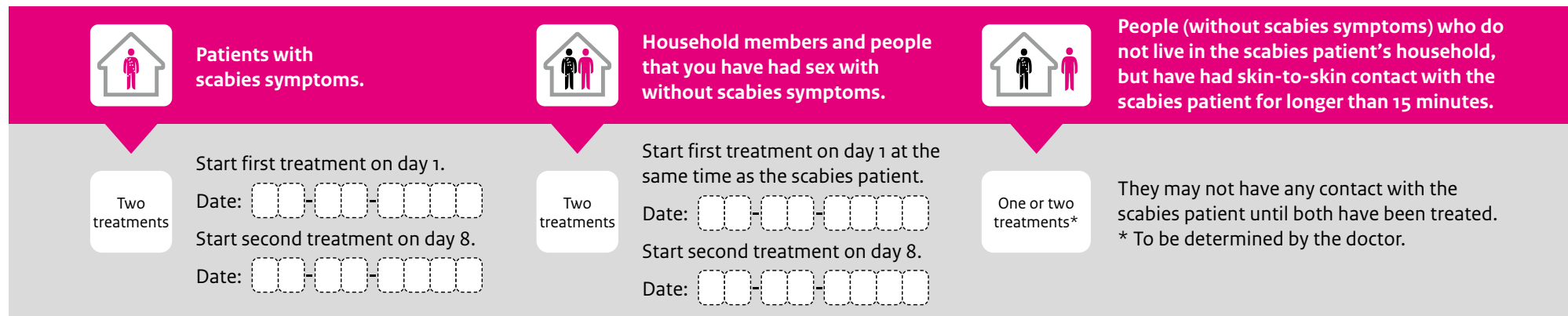
Read every step of these instructions before you start the treatment. The instructions will walk you through each step you should take to treat scabies successfully. It is important that you do not skip any steps.

Any further questions?

Call your doctor or local GGD (infectious diseases department) or go to www.ggd.nl or www.rivm.nl/en/scabies for more information.



How many treatments do you need?



Start

A few days before treatment

- Prepare two sets of clean bed linen (mattress cover, duvet cover and pillowcase) per member of your household for after the treatment.
- Buy disposable gloves for putting the laundry into the washing machine.
- Make sure you have enough rubbish bags and detergent.
- If you have a pet with a thick coat, you should touch it as little as possible until three days after treatment. Do not let your pet onto your lap, sofa or bed either. You can pet and cuddle your pet again on the day 4 of treatment. The same applies to the second treatment (from day 11).

One day before treatment

- Pick up the permethrin cream for scabies from your pharmacy.
- Have an old toothbrush ready (to put the cream under your nails).
- Put on disposable gloves.
- Take three days of clean clothing and towels per person.
- Make a pile for each person.
- Take two sets of clean bed linen per person.
- Remember to include extra pyjamas, socks, underwear etc.

Win the battle against the itch mite

- Put on clean socks every day.
- Shoes made of cloth or fabric can contain the itch mite. Do not wear shoes like this for the first three days of treatment. After that, wear these shoes with socks. This is not necessary for leather shoes.
- Vacuum the carpet, sofa and fabric chairs.
- Tie back long hair during treatment (both women and men).
- Do not let the itch mite get into children's cuddly toys either! You can wash the cuddly toys or put them aside for three days.
- Remember to wash your bathrobe and slippers or do not use them for three days.
- In the summer, you should also vacuum fabric car seats if you sat on them with bare arms/legs. Do not use a steam cleaner.
- In the winter, wash your scarves, gloves, mittens and earmuffs at 60 °C or put them away for three days after treatment.
- You should also clean phone, laptop and iPad covers made out of fabric.
- Put second-hand clothing aside for three days before you wear it for the first time, or wash it at 60 °C.
- Put cream on again (on the groin area) after using the toilet.

Start first treatment

Start date:

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Time of putting on cream:

:

Day 1

Step-by-step instructions

- Cut fingernails and toenails short.
- You can shower beforehand, but you do not have to. If you do shower, let your skin cool down before you put on the cream.
- Put the cream all over, from your jawline down to the bottoms of your feet. Remember your armpits, perineum, groin area and the spaces between your toes. Ask someone else to put the cream on your back. This person should put on disposable gloves.
- Put the cream on every part of your hands. Use the old toothbrush to put the cream under your nails.
- Write down the time when you finish.
- Leave the cream on for 12 hours.
(This is different from what the package leaflet says!)
- Put cream on again after using the toilet and after washing your hands/feet.
- Put on disposable gloves.
- Now you can collect the dirty laundry/bed linen/towels from the last three days.
- Put the items in a sealed rubbish bag. Put this away in a room where the temperature is between 18 and 20 °C.
- Take the used bed linen off the bed.
- Put clean bed linen on the bed for the night ahead.
- You can shower once the cream has been on your skin for at least 12 hours.
(This is different from what the package leaflet says!)
- If you continue washing clothes, use a new pair of disposable gloves.
- Wash the worn clothing from the past three days on a normal programme (not a quick wash cycle) at 60 °C.
- Put items that cannot be washed at 60 °C in a sealed rubbish bag and put it away in a room where the temperature is between 18 and 20 °C.
- You can now take off the disposable gloves.
- Vacuum everything made of fabric that you cannot put in the washing machine or rubbish bags (such as the sofa, fabric chairs, carpet and rugs, dog bed etc.).

Young children and babies

- Put the cream all over babies and young children, including their head, their feet and between their toes.
- Avoid their eyes and mouth.
- When you change your baby's nappy, put cream on the baby's bottom and groin area again before putting the clean nappy on.

Day 2

Step-by-step instructions

- Put on a new pair of disposable gloves.
- Take the used bed linen off the bed and wash it at 60 °C or put it in a sealed rubbish bag until day 5.
- Wash your pyjamas and clothing from the night before at 60 °C.
- Put clean bed linen on the bed.

Day 3

Day 4

Step-by-step instructions

- You may pet and cuddle your pet again.
- You may take out the laundry that you put in a bag on day 1.

Day 5

Step-by-step instructions

- You may take out the laundry that you put in a bag on day 2.

Day 6

Day 7

Step-by-step instructions

- Get everything ready for the second treatment.

Start second treatment

Start date:

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Time of putting on cream:

:

Day 8

Step-by-step instructions

- Cut fingernails and toenails short.
- You can shower beforehand, but you do not have to. If you do shower, let your skin cool down before you put on the cream.
- Put the cream all over, from your jawline down to the bottoms of your feet. Remember your armpits, perineum, groin area and the spaces between your toes. Ask someone else to put the cream on your back. This person should put on disposable gloves.
- Put the cream on every part of your hands. Use the old toothbrush to put the cream under your nails.
- Write down the time when you finish.
- Leave the cream on for 12 hours.
(This is different from what the package leaflet says!)
- Put cream on again after using the toilet and after washing your hands/feet.
- Put on disposable gloves.
- Now you can collect the dirty laundry/bed linen/towels from the last three days.
- Put the items in a sealed bag (such as a rubbish bag). Put this away in another room (not outside).
- Take the used bed linen off the bed.
- Put clean bed linen on the bed for the night ahead.
- You can shower once the cream has been on your skin for at least 12 hours.
(This is different from what the package leaflet says!)
- If you continue washing clothes, use a new pair of disposable gloves.
- Wash the worn clothing from the past three days on a normal programme (not a quick wash cycle) at 60 °C.
- Put items that cannot be washed at 60 °C in a sealed rubbish bag and put it away in a room where the temperature is between 18 and 20 °C.
- You can now take off the disposable gloves.
- Vacuum everything made of fabric that you cannot put in the washing machine or rubbish bags (such as the sofa, fabric chairs, carpet and rugs, dog bed etc.).

Young children and babies

- Put the cream all over babies and young children, including their head, their feet and between their toes.
- Avoid their eyes and mouth.
- When you change your baby's nappy, put cream on the baby's bottom and groin area again before putting the clean nappy on.

Day 9

Step-by-step instructions

- Put on a new pair of disposable gloves.
- Take the used bed linen off the bed and wash it at 60 °C or put it in a sealed rubbish bag until day 12.
- Wash your pyjamas and clothing from the night before at 60 °C.
- Put clean bed linen on the bed.

Day 10

Day 11

Step-by-step instructions

- You may pet and cuddle your pet again.
- You may take out the laundry that you put in a bag on day 8.

Day 12

Step-by-step instructions

- You may take out the laundry that you put in a bag on day 9.

These instructions have been put together by RIVM and the GGD.



National Institute for Public Health
and the Environment
Ministry of Health, Welfare and Sport

Ruimte voor GGD-locatie om (contact)gegevens in te voeren.