



## **Scabies, Crabs, and Lice**

All of these are tiny insects or mites which live in or on the hair or skin:

**Scabies** are tiny mites. They burrow under the skin to lay eggs and leave droppings, any of which may cause an allergic itching and rash. They like creases or folds of skin and usually begin in the webs of fingers. The rash then spreads to the arms, over the trunk and legs. The mite that causes scabies is acquired primarily through close personal contact. It is rarely picked up from clothing, towels or linen.

**Crabs** are larger and live on the hair in the pubic area, under the arms or on the eyelashes. In very hairy persons, they can also live in other hairy places.

**Head lice** live in the hair on your head. They can be detected by looking for eggs or nits which are small white dandruff-type flakes that are attached to the hair shaft within one inch of the scalp. They are often easily seen at the back of the neck by pulling the hair up.

**Recommended Treatment for scabies and lice** is Permethrin. Permethrin is available as a cream and a cream rinse. Nix is the brand name of cream rinse and is available over-the-counter. Elimite is the brand name of the cream and requires a prescription. Also available on prescription is lindane shampoo and lotion.

Wash **ALL** your personal clothing, sheets, towels and pillow cases in **hot** water or dry at least 20 minutes in a **hot** dryer. Sleeping bags or wool bedding should be sent to the cleaners or sealed in plastic bags for 2 (two) weeks.

### **Instructions for scabies are as follows:**

1. Take a hot soapy shower. Dry off.
2. Apply about 1 (one) oz. of Permethrin Cream over **all** skin surface from the neck to the toes, paying special attention to skin folds and creases. "Double" treat hands and feet.
3. Wash medication off in 8 to 14 hours.
4. Use clean clothes, sheets and towels.
5. Keep used clothes, sheets and towels separate for 1 (one) week after treatment. Be sure to launder before reusing

### **Instructions for head or pubic lice:**

#### **Nix Cream Rinse**

1. Nix Cream Rinse is available without prescription and is the recommended treatment.
2. To use Nix, shampoo and towel dry hair, saturate hair and scalp with Nix, leave on 10 minutes, then rinse.
3. Nix has a residual activity for up to 10 days and repeat applications are rarely necessary.

#### **Lindane Shampoo**

1. Lindane shampoo is also available for lice and it does require a prescription.
2. To use lindane, apply to dry or damp hair and work in well. Leave on for approximately 4 (four) minutes, then work in water and scrub to a good lather, then rinse.
3. Repeat application in 1 (one) week is recommended when using lindane.

### **Other information:**

1. Clothes and items set aside for two weeks without human contact can be considered usable again without washing.
2. The itching of scabies is caused by the fecal material of the mite. That is why itching can continue to occur up to three weeks after treatment. New areas of rash should not occur, however.