

RAUMATI BEACH SCHOOL

29 July 2010

Dear Parents & Caregivers

We have had a case of Scabies in the school. If your child shows symptoms please ensure they are treated before returning to school.

Scabies is a common skin condition causing intense itching. Anyone can catch scabies by coming into direct contact with people who have the condition. You can also catch scabies from wearing the clothes of someone who has scabies or sleeping in their beds. Scabies is not caused by being dirty. It can be safely treated and you can stop it from spreading.

Scabies is caused by tiny insects called mites that burrow under the surface of the skin laying eggs as they go. Above the mite, on top of the skin, small blisters and red patches form. These blisters are very itchy and can become infected if scratched.

Signs of Scabies:-

- Intense itch and scratching all over the body – the itch is often worse when you are warm, such as after exercise, a bath or shower, or in bed at night.
- Red patches or blisters on the skin – mainly between the fingers, on the wrists, elbows, ankles, armpits, hands or sides of feet.
- The burrow on the skin is usually grey in colour, slightly raised, often curved and between 3 – 15 mm long.
- You may have scabies for days or weeks before you even notice. The rash may only be seen in some places but scabies affects your whole body.

Treatment:-

- To kill the mites you need a special lotion or cream you can buy from the pharmacy or get on prescription from the doctor. We have been advised of an excellent lotion “Derbac M Liquid” available from your pharmacy (which can also be used for headlice).
- Scabies affects the whole body (except the face and head in adults and children over 2 years), and the cream or lotion must be applied all over – even to areas where you are not itchy.
- Your pharmacist will tell you how much cream or lotion to use and how to use it. (Always read the instructions before applying.)

Remember to:-

- Wash any towels used
- Treat the whole body.

Self care – stop scabies from spreading.

- Treat everyone. All members of the house must be treated at the same time even if they don't have any signs of scabies. Aunts, uncles, grandparents, baby-sitters and friends who visit the house must also be treated. It only takes one person to be left untreated and the scabies will come back again.
- Wash all clothes, sheets and towels in hot water. The scabies mite can live for a few days away from the body, so this washing will help stop you getting scabies again or passing it on to others. Seal clothes you can't wash in a plastic bag for 2 days.
- Soft toys may need to be washed as well.

More information is available from the School Office.