

## Scabies

Scabies is an itchy skin condition caused by an approximately 0.4 mm small mite animal that has the ability to bury itself in the skin's outermost layer (stratum corneum) and form burrows. You often find these burrow tracks in the area of the hands (between the fingers and on the wrist) and the genitals (more common among male patients).

Scabies is diagnosed by isolating a living mite from a burrow track and verified by microscopy.

Scabies is transmitted between people by direct skin contact or, less commonly, by indirect contact through unwashed bed sheets previously used by a person with scabies.

NOTE! Scabies is not due to poor hygiene!

You may have scabies for several weeks without experiencing symptoms. Itching is the most common symptom of scabies. The itch is usually more intense during the night and can affect the entire skin. However, in adults the face and scalp are not affected. The itch is the body's response to substances from the scabies mite. For first-time infections it takes up to 4 - 6 weeks before the itching begins. With repeated infection itch will present immediately.

Scabies is treated with Tenutex as follows:

1. Take a shower or bath and wipe yourself dry with a towel.
2. Apply Tenutex and gently rub it into the skin. It must be applied all over the body (except for the scalp in adults; however, in infants Tenutex should be applied on the scalp as well). Don't forget the space between the fingers, around the wrists and the groin and genital area.
3. You may not shower during treatment. After washing of the hands, Tenutex must be reapplied on those areas immediately (always bring Tenutex with you).
4. After 24 hours you can take a shower or bath.
5. After 7 days, repeat the treatment in exactly the same manner.

Symptoms may persist for 1 – 2 weeks after treatment is completed.

All people without symptoms living in the same household should treat themselves once and at the same time.

After treatment, moisturizing cream can be used if the skin has become irritated by Tenutex.

Cortisone cream or ointment can be used if moisturizing cream is not sufficient to decrease skin irritation.

NOTE! After Tenutex treatment, wash all your clothes and change to clean underwear, clothes, towels and bedding.