

# Scabies

Scabies is a skin infection caused by a mite (a type of insect) that tunnels into the skin. It leaves itchy tracks and pimple-like rashes over the body, with redness of surrounding skin. It commonly affects the hands, wrists and elbows, around the waist, and bottoms of feet, but can happen anywhere on the body.

The rash may look like this:



Scabies is very infectious and can spread to others in your household or to people with whom you might have close skin contact. It can also be spread through sharing clothes, towels and bed sheets.

Scabies can be treated with a cream or lotion, which must be repeated again after 1 week. It's important to follow the instructions from your doctor.

If you have a rash that might be scabies, please see your GP, to get treatment and to stop the spread to others. Your GP will give you more important information on how to kill the mites in your home.

If you need an interpreter at your appointment, ask for one – it's free for you!

If you are diagnosed with scabies, please stay home from school, work or other activities with close contact with others, until 24 hours after you have finished the first dose of treatment.

*This fact sheet was developed by Darling Downs Public Health Unit, Toowoomba, in collaboration with Refugee Health Network Qld and Queensland Health (Nov,2022).*

Image sources: [https://www.cdc.gov/parasites/scabies/resources/scabies\\_fact\\_sheet.pdf](https://www.cdc.gov/parasites/scabies/resources/scabies_fact_sheet.pdf);  
<https://www.aad.org/public/diseases/a-z/scabies-symptoms>