

HAND HYGIENE

**IT'S OK TO ASK NURSES,
DOCTORS, AND OTHER HEALTH
CARE PROVIDERS IF THEY HAVE
CLEANED THEIR HANDS.**

**REMIND VISITORS TO
CLEAN THEIR HANDS.**

**HAND HYGIENE
THE BEST
WAY TO PREVENT
INFECTION**

Special care must be paid to hand hygiene as it is the best way to prevent the spread of germs.

GOOD HAND HYGIENE INCLUDES:

Alcohol-Based Hand Rub

1. Apply to palm of one hand.
2. Rub hands together, covering all of hands and fingers.
3. Rub until hands feel dry.

Hand Washing

1. Remove all jewelry.
2. Use warm running water and soap.
3. Spend at least **15-30** seconds lathering and washing hands.
4. Rub hands together, paying attention to fingertips, between the fingers, and thumbs.
5. Rinse thoroughly.
6. Dry with paper towel and turn off tap with paper towel.
7. Dispose of paper towel in the garbage.

SCABIES

**Information for Clients,
Residents, Families, and
Visitors**

WHAT IS SCABIES?

Scabies is a contagious infestation of the skin caused by a mite, *Sarcoptes scabiei*, which burrows just under the skin where the female mite lays eggs.

WHO CAN GET SCABIES?

Anyone can get scabies. It is not a sign of bad personal hygiene. It can affect any age, sex, race, or socio-economic level. No one is immune.

WHAT ARE THE SYMPTOMS OF SCABIES?

- The most common symptom is a widespread itchy rash which is most severe at night.
- The mite is too small to be seen, but when it burrows under the skin it sometimes leaves a small thread-like line on the skin. The track marks may be found between the fingers, on the elbows, hands, and wrists.
- In infants the head, neck, palms, and soles can be affected.

HOW IS SCABIES DIAGNOSED?

- Usually based on symptoms.
- It may be necessary to take a scraping from your skin to view under a microscope.
- Animals do not spread scabies.

HOW DO YOU GET SCABIES?

- Scabies is spread by prolonged direct skin-to-skin contact with an infested individual.
- Indirect spread from clothing or bedding can occur when these items have been in contact with an infected individual but is less common

WHEN DOES SCABIES APPEAR?

- In an individual who has never had scabies, it usually takes four to six weeks from the time of contact until the symptoms appear.
- Individuals who have had scabies in the past may show symptoms one to four days after re-exposure.

HOW LONG CAN YOU SPREAD SCABIES?

- Until 24 hours **after** the first appropriate treatment.
- Remember you can spread scabies from the time you are infected before the first symptoms appear.

HOW IS SCABIES TREATED?

- The usual treatment is 5% permethrin (Kwellada P and Nix). It is important to follow the package insert for directions of use.
- No over-the-counter treatments have been found to be effective.
- Treatment for pregnant, or nursing women, and infants should be discussed with your physician.
- Itching may persist for two to four weeks after treatment and should not be regarded as a treatment failure. Overtreatment may cause toxic effects.

HOW TO PREVENT THE SPREAD OF SCABIES

All household contact and sexual contacts should receive treatment at the same time as the first case.

In hospital, scabies is prevented with:

- Contact precautions which will be used until 24 hours after the first treatment. You will have to stay in your room during that period of time.

HOW ARE CLOTHES AND LINEN CLEANED?

- Articles of clothes and bedding should be washed in the hot cycle of the washer and dried in the dryer or dry cleaned.
- Items not laundered can be placed in a tightly sealed bag for 7 days.
- Regular household cleaning with extra care to vacuum mattresses, pillows, and upholstered furniture and car seats is recommended..

HOW LONG DOES THE SCABIES MITE LIVE?

On an individual, 1-2 months, off an individual, they only survive 48-72 hrs.