



23 November 2023

Dear Parents

### **Scabies cases locally**

Over the past few months, there has been an increased reporting of scabies.

Scabies is most often transmitted by prolonged or frequent skin-to-skin contact. When someone has scabies infection, they and their close contacts (normally other members of the same household) should receive treatment. It is very important that everyone in the household is treated at the same time and that everyone completes the full course of treatment.

As well as treatment it is important that:

- those with scabies stay off school and avoid close physical contact with other people until completion of the first 24-hour treatment dose.
- all clothes, towels and the bed linen of the person with scabies be washed at a minimum of 50°C (122°F) on the day of application of the first treatment.
- the treatment process must be repeated a week later to ensure it works.

When treatment is not fully completed, there is a possibility that the scabies mites can develop resistance to the medication. If this happens, infection can persist, and treatment can be more difficult.

If you believe you or your child has scabies infection, please see your pharmacist or primary care provider for advice. Thank you for ensuring that you and your children are treated promptly for this infection so that further cases at the school might be prevented.

More information on scabies can be found here: <https://www.nhs.uk/conditions/scabies/>

Yours sincerely

*Alex Hook*

Alex Hook  
Head of School

# How to get rid of scabies



1

## What is scabies?

Scabies is a common infection and anyone can get it.

**Getting scabies has nothing to do with being unclean.**

Scabies mites are tiny bugs that lay eggs under your skin.

2

## What does scabies look like?

Raised, spots or lumps you can feel that are very itchy, especially at night.



3

## How do I get rid of them?

- Use the cream from the doctor before going to bed at night.
- Cover all your skin from the neck down, even the soles of your feet.
- **Leave the cream on for 24 hours**
- Repeat 7 days later.

4

## Should anyone take extra care?

- Pregnant or breastfeeding women should let the doctor or pharmacist know.
- Babies under 2 years old need a different medication – mittens may help stop them scratching.



5

## How do I stop scabies spreading?

- See a doctor as soon as you have symptoms.
- Scabies spreads by skin contact - everyone living with you needs to be treated. Repeat this 7 days later.
- Wash all clothes and bedding in a hot washer and dryer to kill remaining mites.



For more information visit: **[nhs.uk/scabies](https://nhs.uk/scabies)**