**Scabies**

"Scabies" is the name of an itchy skin rash that many people get. The rash is caused by a small insect known as the "scabies mite." The scabies mite grows under the top dead layer of human skin, causing the person to have a localized itchy allergic reaction to the scabies mite. Because the scabies mite can only live in dead skin, there is no danger of the insect going deeper into the skin and causing an infection. The common parts of the body to have scabies are the armpits, wrists, fingers, genital area, buttocks, upper inner thighs, ankles, and feet.

**How did I get it?**

Scabies can happen to any person at any age, and it does not imply a lack of cleanliness. Scabies spread from direct skin-to-skin contact with another person who has scabies. This skin-to-skin contact can even be as innocent as a handshake. Most people are not likely to identify who they caught it from because it spreads by contact. It is common for scabies to spread to other family members, especially between two adults who share a bed or between an adult and a child who cuddle together.

**How do I treat it?**

Scabies is very easy to treat. You need to have two treatments one week apart with a lotion that kills the scabies mite. Your doctor will provide you with a prescription for Kwellada-P lotion. In many pharmacies, Kwellada-P lotion can be purchased without a prescription, although Kwellada-P lotion is kept behind the counter, so you have to ask for it. Before you go to bed tonight, apply the cream to your entire body from the neck down (ex. to all parts of your body except the head and face.) All affected family members should also do the same. Pay attention to all the hard-to-reach places such as armpits, between the fingers and toes, under the fingernails and toenails, in the groin creases, between the buttocks, and in the folds (such as under a woman's breasts). If you get up during the night to use the toilet and wash your hands afterward, then reapply the lotion to your hands before going back to sleep. In the morning, shower or bathe to remove the cream from your body. It is also a good idea to wash your bed sheets and clothes from the past 24 hours. The treatment needs to get repeated again one week later. There is no need to repeat treatment more often than this.

**How do I treat it?**

The treatment will always kill the scabies mite. Dead scabies mites may still be on your skin for up to a month. And because dead scabies mites can cause a localized allergy, you may still be itchy for up to one more month until the dead scabies mites are shed naturally as the top dead layer of skin flakes away gradually.