

Treating scabies

Scabies does not go away by itself and should always be treated. Treatment for pregnant or breastfeeding women or children under two years of age should be administered in consultation with a doctor.

Notify close contacts

You must notify anyone you have had close skin contact with in the last month (statistically speaking for longer than 15 minutes). The same applies to anyone you share a bed, clothing or towels with. Close contacts should be treated for scabies at the same time as you, regardless of whether or not they have experienced any symptoms. **Examples of close contacts:**

- People in the same household/shared-housing/room or housing in an institution
- Sexual partners
- Exercise partners (if the activity entails close skin contact)
- Children's playmates

Medications

Benzyl benzoate and permethrin are both over-the-counter medications that can be used for the treatment of scabies and that can be combined during the same course of treatment. If the treatment does not work, you should contact a doctor, who may consider prescribing medication for further treatment (disulfiram/benzyl benzoate or ivermectin).

Medication (item number)	Type	Recommended for	Amount per application*	Important information
Benzyl benzoat emulsion 100 ml (244363) 250 ml (338593)	Liniment*** in bottle	Adults and children over 2 months	Adults: 100 ml per course of treatment. Children: 50 ml per course of treatment	Over-the-counter Not recommended for pregnant women. Benzyl benzoate should be applied twice during each of the two courses of treatment. An older type of benzyl benzoate (item no. 306021/322200) can cause a strong burning sensation on the skin and is not recommended for children.
Permethrin 30 g (466057 and 441642)**	Cream	Adults and children over 2 months	Vaksne og barn over 12 år: 1 tube Barn 5-12 år: 1/2 tube Barn 1-5 år: 1/4 tube Barn 2 måneder til 1 år: 1/8 tube	Over-the-counter Breastfeeding women should clean the cream off the nipples before feeding. Reapply cream after feeding.
Disulfiram/benzyl benzoat 100 g	Liniment*** in tube	Adults and children over 1 year	Adults: 50-100 g per course of treatment. Children: 50 g per course of treatment.	Prescription only

*The amount calculations are approximate and depend on body surface area, hair growth etc.

**The package inserts for the permethrin and benzyl benzoate creams are outdated. It is therefore important to always follow the procedure described in this letter.

***Medication in liquid form.

Procedure for proper treatment

Make sure to apply the treatment exactly as described below.

Remember that the **treatment must be repeated seven days after the first course of treatment.**

Prior to application

Tick the box for each course of treatment

- | | | |
|--------------------------|--------------------------|--|
| 1 | 2 | |
| <input type="checkbox"/> | <input type="checkbox"/> | Cut and clean fingernails and toenails. |
| <input type="checkbox"/> | <input type="checkbox"/> | Shower or have a bath (wash thoroughly). |
| <input type="checkbox"/> | <input type="checkbox"/> | Dry yourself well using a towel and allow the skin to cool down for at least 15 minutes. |

Do not apply moisturisers or other cosmetic products before or during treatment.

Application

The medication can stain clothing, bathroom equipment and furniture. It is therefore a good idea to stand on a towel, mat or similar during application.

- | | | |
|--------------------------|--------------------------|--|
| 1 | 2 | |
| <input type="checkbox"/> | <input type="checkbox"/> | Apply a thin layer covering the entire body. Start at the hairline and work your way down. The treatment should also be applied to the scalp in children under 3 years of age. The treatment should also be applied to the scalp in older children and adults if there are clear signs of scabies there. Expect to use additional cream for the scalp if you have a lot of hair. When treating children in nappies, you need to reapply the cream to the nappy area after each nappy change. Contact a doctor for advice in the event of unusually frequent nappy changes. |

Avoid getting the medication in your eyes and mouth. For children, the eyes can be protected using e.g. a flannel. If the medication gets into the eyes, immediately rinse thoroughly using a gentle stream of lukewarm water from the tap for at least 10 minutes. Contact the Poisons Information Centre on 22 59 13 00 if discomfort persists.

Remember to apply the treatment:

- | | | |
|--------------------------|--------------------------|--|
| 1 | 2 | |
| <input type="checkbox"/> | <input type="checkbox"/> | To the back (ask for help to ensure proper application) |
| <input type="checkbox"/> | <input type="checkbox"/> | To the ears (including behind the ears) |
| <input type="checkbox"/> | <input type="checkbox"/> | Between the fingers, under the nails and on the nail beds |
| <input type="checkbox"/> | <input type="checkbox"/> | To the toes, between the toes and under the feet |
| <input type="checkbox"/> | <input type="checkbox"/> | To the navel |
| <input type="checkbox"/> | <input type="checkbox"/> | To the external genitals (the entire penis including under the foreskin in men and the outer labia in women) |
| <input type="checkbox"/> | <input type="checkbox"/> | Around the anus |

If you use benzyl benzoate, the treatment must be applied twice during each course of treatment to ensure that adequate quantities of the medication are applied to the entire body. Make sure that the initial application has dried completely before re-applying (this usually takes around 10 minutes).

After application

- Allow the medication to work for 24 hours.
- If you wash your hands or use a hand sanitiser before 24 hours have passed, you will need to reapply the treatment to your hands.
- Be careful not to touch your eyes. You may wish to wear disposable gloves when using the bathroom and when washing up to avoid having to reapply the treatment.

What you need to do during the 24 hours when the treatment is working:

- 1
 - 2
- ○ Wash all clothing, towels, bedding and other fabrics used by the infected individual in the last week at 60 degrees or put away for seven days. Don't forget stuffed toys and children's outdoor clothing, gloves, hats and shoes. The mites can also be killed by freezing textiles and objects at minus 18 degrees (make sure that they are completely frozen).
 - ○ Vacuum sofas, beds and similar.
 - ○ Change to clean bedding (before washing the medication off).
 - ○ The medication can be washed off 24 hours after application.
 - ○ Only wear clean underwear and clothes that have been washed at 60 degrees or that have not been used for a week.

Important! Repeat the procedure after seven days to make sure that the scabies does not return.

Even if treatment is successful, infected individuals may experience itching and rashes for 2-4 weeks, as well as more marks on the skin. This is due to the body's reaction to the scabies and also the treatment itself. Antihistamine or a weak cortisone cream can relieve itching and are available from pharmacies. Contact your doctor if you experience itching and other skin reactions that last for more than four weeks after the first course of treatment.

If the treatment does not work

In some cases, the treatment may not work. There may be several reasons for this:

- The treatment may not work as well because the mites have developed high levels of resistance to the medication used.
- You may have been reinfected by other individuals who have not completed treatment.
- Treatment may not have been completed correctly.
- Incorrect diagnosis – the skin problems may not be caused by scabies.