

HOW TO GET RID OF SCABIES WITH THE USE OF PERMETHRIN OR BENZYL BENZOATE CREAM – STEP BY STEP GUIDE

Scabies does not go away by itself and should always be treated. The manufacturer's information leaflet from inside the packets of permethrin and benzyl benzoate creams are outdated, and you should therefore follow the guidelines provided here. On the next page you will find a checklist for each step during the treatment, for both the permethrin and benzyl benzoate cream. Two applications of treatment are needed, seven days apart, to ensure that all scabies mites are killed.

Permethrin cream is used to treat scabies in adults and children over 2 months of age and can be used if you are pregnant or breastfeeding. Please note, if you are breastfeeding a child, you should wash off the cream from your nipples before you breastfeed, and then re-apply the cream afterwards. Make sure that pets, especially cats, do not come in contact with permethrin.

Benzyl benzoate cream is used to treat scabies in adults and children over 2 months of age. It should not be used if you are pregnant or breastfeeding.

The creams should only be used for scabies on the advice from a doctor in children under 2 years of age.

Notify close contacts

If you have scabies, you must inform all people with whom you have had close skin contact in the last month. The same goes for people you share bed, clothes, or towels with. Close contacts need to be treated for scabies during the same period as you. Transmission of infection mainly occurs through direct skin contact that lasts for **at least 15 minutes** but can also occur through shared towels and clothes.

Examples of close contacts are:

- People in the same household/ collective/ room or housing unit in an institution
- Training partners if the training involves close skin contact
- Sexual partners
- Children's playmates

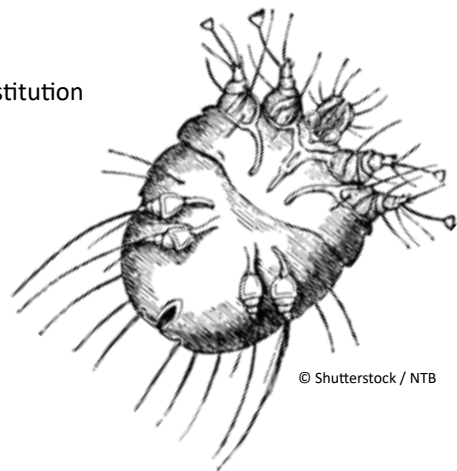
Before treatment:

For each application, you are likely to need **1-2 tubes of permethrin or benzyl benzoate cream**. Make sure you have enough cream left after treating your whole body, so that you can re-apply cream to your hands after handwashes. The scalp should also be treated if you see clear signs of scabies. Apply additional cream to the scalp if you have a lot of hair.

The cream needs to work for **24 hours**, so set aside sufficient time. Be aware that treatment can cause burning on sensitive skin, but the sting will subside a few hours after application. Therefore, treatment should be carried out well before bedtime if possible, especially in children.

Be careful when applying the cream to your face to avoid getting the medicine into your eyes. In children, you can try to shield the eyes with for example a cloth. If you get the medicine into your eyes, rinse immediately with lukewarm water and a gentle stream for at least **10 minutes**. Contact the Norwegian Poison Information Centre if discomfort persists.

Plan what clothes and other textiles (such as shoes, bed linen and towels) you will be using in the **7 days** between the two treatments.



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After treatment:

After the first treatment of **24 hours**, the infection is no longer contagious, and you can return to work, school, or kindergarten. However, it is important that you repeat the procedure **after 7 days** to make sure that you do not have a relapse.

Even with successful treatment, itching and scabies-like rash can persist for **2-4 weeks**, and you may find that you get more marks on your skin. This is due to both the body's reaction to scabies and to the treatment itself. You can use antihistamine or a weak cortisone cream to ease the itching. If you have not improved after **4 weeks**, you should see your doctor.

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During treatment - application of permethrin or benzyl benzoate cream:

- Cut and clean your finger- and toenails before starting.
- Shower or take a bath and wash yourself thoroughly.
- Dry well with a towel and let the skin cool down for at least **15 minutes**. Do not apply skin cream or other cosmetic products before or during treatment.
- Apply a thin but continuous layer of permethrin/benzyl benzoate all over your body. Start at the hairline and move downwards. Make sure you do not get the cream into your eyes and mouth. The scalp should also be treated in children under 3 years of age, and if you see clear signs of scabies in older children and adults.

Remember to include awkward places, such as:

- On your back (ask for help if possible)
- On your ears and behind your ears
- Between your fingers, under your fingernails and on the nail cuticles
- On your toes, between your toes and under the sole of your feet
- In your navel
- On the external genitalia (the penis including under the foreskin in men and the external labia in women)
- Around the rectal opening
- Let the cream work for **24 hours**. If you need to wash your hands during the treatment time, remember to re-apply some cream to your hands afterwards. Be careful not to touch your eyes. You can use disposable gloves.
- While the treatment works, machine-wash all clothes, towels, bed linen and other textiles you have used in the last week at **60 degrees** or put them away in plastic bags for a week. Also remember cuddly toys and overalls for children, hats, and gloves. You can also freeze textiles and objects in **minus 18 degrees**, but make sure that the items are completely frozen. Sofa, mattresses and similar should be vacuumed.
- Change the bedding before you wash off the cream.
- Remove the cream from your skin by having a shower.
- Put on underwear and clothes that have been washed at **60 degrees** or not used in a week.
- Repeat the whole procedure **7 days after** the first treatment.