

HOW TO GET RID OF SCABIES WITH THE USE OF BENZYL BENZOATE LINIMENT

- STEP BY STEP GUIDE

Scabies does not go away by itself and should always be treated. On the next page you will find a checklist for each step during the treatment, for benzylbenzoate liniment. Two applications of treatment are needed, seven days apart, to ensure that all scabies mites are killed.

Benzylbenzoate liniment is used to treat scabies in adults and children from 7 years of age. When treating children under 7 years, or pregnant or breastfeeding women, please consult a doctor before treatment.

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:

One bottle of 100 ml benzylbenzoate 25 % liniment is usually sufficient for one adult per treatment. Remember to repeat the application when the liniment has dried on the skin.

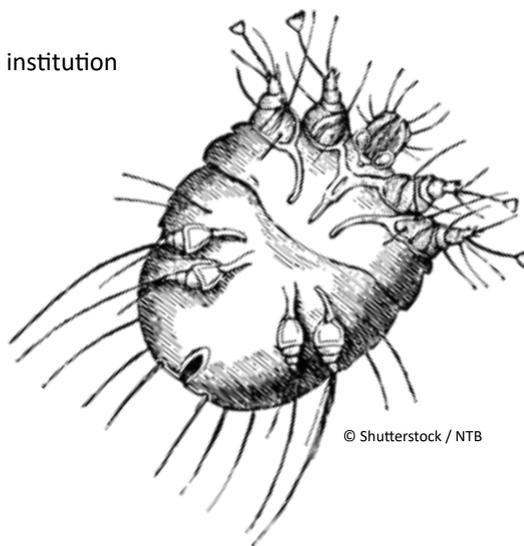
Swabs or similar should be used for application. Make sure you have enough liniment left after applying to your whole body twice, so that you can re-apply liniment after washing your hands.

Be aware that treatment can cause burning on sensitive skin. 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 liniment 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 liniment 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.

Set aside sufficient time to let the treatment work, a minimum period of **24 hours** is recommended.

The liniment is flammable. Do not smoke or be near open flames when applying the liniment or immediately after applying it.



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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 benzylbenzoat liniment:

- 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 liniment all over your entire body. Use a swab or similar for application. Start at the hairline and move downwards. Make sure you do not get the liniment 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.
- Repeat the application when the liniment has dried on the skin.
- Let the liniment work for **24 hours**. If you wash your hands within the 24 hours, the liniment must be re-applied 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 at minimum minus **18 degrees**, but make sure that the items are completely frozen. Sofa, mattresses and similar should be thoroughly vacuumed.
- Change the bedding before you wash off the liniment.
- Remove the liniment 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.