

SCABIES

Knowledge Attitude Practice After working through this lesson, participants will be able to

1. Know what scabies is, and how it is spread.
2. Describe the symptoms of scabies.
3. Know how to treat scabies
4. Tell why it is important to treat everyone in the family
5. Take steps to prevent scabies

Overview This series of lessons is based on the Health Education Program for Developing Communities, which is available from <http://hepfdc.info/>. These lessons are accompanied by a series of health picture books on the individual topics. These lessons are based on information and standards from the World Health Organization. The lessons can be used with adults or with older children and teens.

Materials *Collect these items before beginning the lesson:*

- Poster-size paper, markers, and masking tape
- Role Play
- *Scabies* picture book
- Handouts:
 - *Scabies*

LESSON

60 minutes

Role Play: (5 minutes)

1st: Mom! I can't sleep! (He scratches his hands, his wrists, and his waist.)

Mom: Why not?

1st: Look at all these bumps! They itch!

Mom: That's nothing! Go to sleep!

1st: (He falls asleep and starts snoring.)

Mom: (She starts scratching her hands and her armpits.) Now I can't sleep!

Ask SHO Questions:

What did you See?

What was Happening?

Does this happen in Our place?

Scabies (15 minutes)

Instructions: Discuss in large group.

A. What is scabies? What causes scabies?

1. Scabies is a skin infection.
2. Small scabies mites burrow under the skin.
3. The scabies mite lays eggs

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4. This causes an allergic infection and severe itching.
- B. How does scabies spread?**
1. The scabies mite spreads or jumps to other people
 2. Especially if they sleep in the same bed.
 3. So several members of the family may get scabies,
 4. The scabies mite also can live on bedding or towels for a few days.
- C. What are the symptoms of scabies? What areas of the body are most affected?**
1. Scabies causes severe itching, which is worse at night.
 2. There may be a rash with bumps and a line or burrow from the scabies mite.
 3. Between the fingers
 4. On the wrists and hands
 5. In areas where there is tight clothing, like around the waist
 6. In the armpits
 7. Under the breasts
 8. On the genitalia

Treatment and Prevention (15 minutes)

Instructions: Discuss in large group.

- A. What is the treatment for scabies?**
1. Your health care provider can confirm it this is really scabies.
 2. There are home remedies for scabies, like a medicated soap.
 3. Apply a cream like permethrin 5% overnight to the whole body. Leave the cream on overnight before washing off.
 4. Clip the nails and toenails and clean under them.
 5. Treat every member of the family.
 6. You may need to give a second treatment a week later.
- B. Why should you treat everyone in the family?**
1. Several members of the family may have scabies.
 2. They may or may not have itching or a rash.
- C. When will the itching go away?**
1. Even though the scabies has been treated successfully, the itching may continue for several weeks.
 2. The itching comes from an allergic reaction to the scabies egg.
 3. You can use a cream such as Benadryl (diphenhydramine) to help with the itching.
- D. How can you keep the scabies from coming back?**
1. Be sure to treat all family members and close contacts.
 2. Wash the sheets and towels and clothing in very hot water.
 3. Hang the clothes in the sun to dry.
 4. Or store the sheets, towels, and clothes in a tightly sealed plastic bag (or out of contact with anyone) for 5 days.
 5. The scabies mite only lives for four days without skin contact.

Picture Books (20 minutes)

- A.** Divide into pairs. Practice teaching each other the Scabies picture book.
- B.** During the week, visit your friends and neighbors to teach about scabies using the picture book.

References:

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

HEALTH EDUCATION: SCABIES - STARTER

Role play:

Instructions: A mother and several children are sleeping in the same bed.

1st: Mom! I can't sleep! (He scratches his hands, his wrists, and his waist.)

Mom: Why not?

1st: Look at all these bumps! They itch!

Mom: That's nothing! Go to sleep!

1st: (He falls asleep and starts snoring.)

Mom: (She starts scratching her hands and her armpits.) Now I can't sleep!

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1st: Mom! I can't sleep! (He scratches his hands, his wrists, and his waist.)

Mom: Why not?

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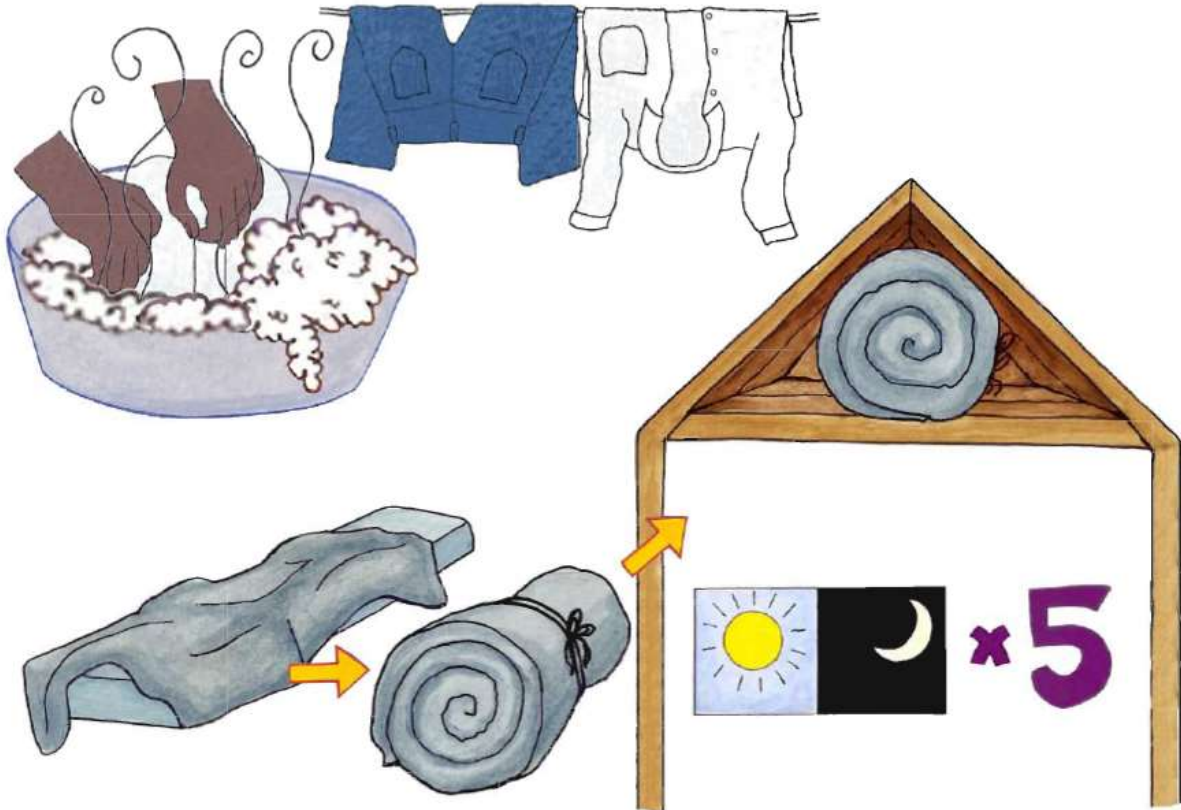
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1st: (He falls asleep and starts snoring.)

Mom: (She starts scratching her hands and her armpits.) Now I can't sleep!

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