

Other Instructions

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Scabies



- 1 National University Cancer Institute Singapore
- 2 National University Heart Centre Singapore
- 3 Khoo Teck Puat – National University Children's Medical Institute (NUHkids) (via Kent Ridge Wing Level 2)
- MRT Kent Ridge MRT Station @ Level 1
- A Linkway @ Level 1 via MRT station (Exit A)
- B Linkway @ Level 1
- C Linkway @ Level 4
- D Linkway @ Level 1
- E Linkway @ Level 2
- TAXI Taxi Stand / Drop-Off
- Bus Stop
- Drop-off Point
- P Carpark

About the Khoo Teck Puat - National University Children's Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit www.nuh.com.sg/nuhkids.

Contact Us

24-hour Children's Emergency
General Enquiry: +65 6772 2555

KTP-NUCMI (NUHkids)

Operating Hours: 8.30am - 5.30pm (Mon to Fri), 8.30am - 12.30pm (Sat)
General Enquiry: +65 6772 5736 Appointment line: +65 6772 2002
Fax: +65 6776 2102 Email: ktpnucmi_appt@nuhs.edu.sg

NUH Child Development Unit

Operating Hours: 8.30am - 5.30pm (Mon to Fri)
Jurong Medical Centre Appointment Line: +65 6665 2530/2531
Kent Hong Community Club Appointment Line: +65 6769 4537/4637
Fax: +65 6665 0158 Email: cdu@nuhs.edu.sg

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

Information is correct at the time of printing (Aug 2020) and subject to revision without prior notice.

Khoo Teck Puat – National University Children's Medical Institute

What is scabies?

Scabies is a very itchy skin infection that commonly affects the:

- Hands, wrists and fingers
- Elbows and armpits
- Nipples
- Buttocks



For infants and preschool children, it often also involves the scalp, face and feet.

The itch is usually worse at night.

What causes scabies?

A scabies mite is a small parasite visible only under a microscope. When it burrows and lays eggs under the skin, it results in severe itch and red, bumpy pimple-like rashes known as scabies. Scabies is usually transmitted through close physical contact between people and by sharing the same bed or clothing. As it is very infectious, usually more than one person in the family or the whole household can be affected.

Symptoms may take up to six to eight weeks to develop after exposure. By the time a patient presents to the doctor with scabies, there may have been silent transmission to all household contacts already. It could have also possibly spread to other households if the patient had prolonged contact or stayed with someone from another household.

Hence, all infected people and close contacts **have to be treated at the same time, even if they have not developed a rash.**



What topical medications can I use to treat my child's scabies?

Age	Medication
< 6 months	Permethrin 5% Lotion
≥ 6 months	Permethrin 5% Lotion or Malathion 0.5% Lotion

Preparing for application:

- Application is done preferably after a warm bath in the evening.
- Dry the skin well.
- Ensure that your child's fingernails are kept short.

Instructions for application:

- Apply the lotion to the entire body surface from neck downwards, even at the unaffected areas.
- If your child is less than two years old, apply the cream to the scalp, face, neck and ears as well. Be careful to avoid the eyes and mouth.
- You may use a soft sponge or brush or your hands to apply the lotion.
- Ensure that you applied the lotion at the navel, between the toes and fingers, wrists, armpits, genitalia, buttocks, soles and any other body creases and folds.
- Leave some lotion under the finger and toe nails.
- Put on new clothing after application.
- For Permethrin, leave the lotion on the skin for at least 8 hours, up to a maximum of 14 hours. It is recommended to apply and leave the lotion overnight. For Malathion, leave the lotion on the skin for 24 hours.
- Reapply if the drug is washed away or during diaper changes (within 8 hours of Permethrin or 24 hours of Malathion application).
- Repeat one more round of application seven days after the initial treatment.

Washing off:

- Use soap and water to wash off the medication thereafter.
 - Permethrin: After 8 to 14 hours
 - Malathion: After 24 hours

Why does my child's skin itch even after treatment?

The itch may remain for weeks even after the initial topical treatment. It does not mean the treatment has failed. It could be because your child has developed a hypersensitive reaction to the dead mite. You may need to revisit your doctor who will then prescribe antihistamines or steroid creams to stop the itch. Allow up to a month of observation after the complete treatment (two applications over a week). If the itch still persists, visit your doctor for a checkup again.

How can I prevent scabies?

Avoid close skin contact with someone who has scabies. You should also avoid sharing clothing and bedding with a household contact who is diagnosed with scabies. The chance of having a scabies infestation is higher when a person has crusted lesions.

Other instructions

To get rid of any mites in the family, all worn clothing should be washed in hot water of at least 60°C and then sunned. Bed linen, pillow case, pillows, mattresses should be dusted and sunned.

Please consult your child's doctor or pharmacist if you have any questions.

