

Scabies Fact Sheet

What is scabies?

Human scabies is caused by a mite that burrows under the skin. Scabies can spread from one person to another by direct contact (touching).

Who gets scabies?

Scabies is a common disease that may affect people of all races and social classes.

What should I look for?

The earliest and most common symptoms of scabies are itching and skin rash especially at night time. This itchy rash looks like a pimple or thin, irregular burrow tracks made up of tiny blisters or bumps on your skin. Scabies may affect either your whole body or only localized warm areas of your skin, such as between your fingers, your wrist, elbow armpit, penis, nipple, waist, or buttocks.

How can scabies be transmitted?

Scabies can be transmitted by direct and prolonged skin-to-skin contact with an person who has scabies. Scabies can also be transmitted by sharing bedding or clothing. The disease spreads easily to household members, roommates, and sexual partners of a person with scabies. Scabies can spread more easily in crowded settings like hospitals, child-care facilities, nursing homes, homeless shelters, and jails/prisons.

What are the complications of scabies?

The severe itching of scabies causes people to scratch, which may cause breaks in the skin that allow bacteria to enter and cause skin infection.

What should I do if I have itching and/or rash or I think I have been exposed?

You should consult with a doctor or go to the nearest emergency room or urgent care if:

- 1- You have a skin rash and are itching.
- 2- Your roommate, household member or sexual partner has been diagnosed with scabies or has a skin rash and is itching.
- 3- You live in a temporary residence or homeless shelter and have a recent onset of skin rash and itching.
- 4- You have used the bedding or clothing of someone who has been diagnosed with scabies.

What should I do if I have been diagnosed with scabies?

- 1- Follow your doctor instructions. Also follow the directions on your prescription carefully.
- 2- All individuals who have had close skin-to-skin contact (sexual or personal) with you within the last month should be examined and treated for scabies even if they have no symptoms.
- 3- You and your contacts should be treated at the same time to avoid re-infection.
- 4- Do not share your clothing, bedding, towels or other personal items with anyone.
- 5- All bedding, clothing, and towels that you or your household, sexual, and close contacts used during the three days before treatment should be decontaminated by washing in hot water and drying in a hot dryer, by dry-cleaning, or by sealing in a plastic bag for at least a week. Scabies mites generally do not survive more than few days to a week away from human skin.
- 6- If you still have itching 2 to 4 weeks after treatment or if you notice new burrows or pimple-like rash lesions after treatment, contact your physician.

West Virginia Department of Health and Human Resources Information for the Public - Aseptic Meningitis

What is aseptic meningitis?

Meningitis is an illness that has a sudden onset of symptoms, including fever, severe headache, and stiff neck. Aseptic meningitis is usually caused by a virus, more commonly enterovirus, and is different from meningitis caused by bacteria. For this reason, people who are sick with meningitis-like symptoms should see their doctor in order to rule-out a bacterial cause.

Who can get aseptic meningitis?

Anyone can get aseptic meningitis, but the sickness is more often seen in children.

How do you get aseptic meningitis?

Aseptic meningitis is usually caused by enteroviruses, viruses commonly found in respiratory droplets (sneezes, coughs, spit) and stool. The virus can then pass from one person to another by shaking hands with an infected person or touching something that they have handled, and then rubbing your own eyes, mouth, or nose. The viruses can also get on the hands of someone changing an infected baby's dirty diaper, and then be passed to the next person.

How can I keep from getting sick?

WASH YOUR HANDS! Wash your hands thoroughly after using the bathroom and changing diapers. Cover your mouth and nose when coughing and sneezing, use only disposable tissues to wipe your nose, and wash your hands after using them. Don't share food and drinks with others, even if they are not sick. There are no vaccines to prevent aseptic meningitis.

When do people get aseptic meningitis?

Late summer and early fall are when most people get sick with aseptic meningitis.

What are the symptoms of aseptic meningitis?

Every person is affected by the viruses in different ways. Common symptoms include sudden onset of fever, stiff neck, severe headache, loss of appetite, nausea, vomiting, diarrhea, sore throat, cold-like symptoms, and muscle aches. More serious infections can cause confusion, sensitivity to bright light, and seizures. Aseptic meningitis is harder to identify in babies, but symptoms can include fever, crying a lot and irritability, difficulty waking the baby, and refusal to eat.

When would I start to feel sick? How long after being sick could I pass it to someone?

Symptoms appear within three to six days after being exposed to the virus. You can pass the virus to others for several weeks after getting the infection, even after you no longer feel sick. Keep in

mind you may not feel sick and could still be passing the virus on to others. This is why it is important to always wash your hands!

How long does aseptic meningitis last?

Most people who get sick with aseptic meningitis usually feel better completely in seven to 10 days.

What should I do if I think I am sick with aseptic meningitis?

SEE YOUR DOCTOR. Your doctor will treat your symptoms by recommending bed rest and drinking plenty of fluids, but there is no specific treatment for aseptic meningitis. Because aseptic meningitis is caused by a virus, antibiotics are useless in treating it, and will not make you feel better. Your doctor will probably also perform special tests to make sure that you do not have a more serious infection. One such test is called a spinal tap, or lumbar puncture. For this test, the doctor takes a sample of the fluid that surrounds your spinal cord and looks for viruses and bacteria, as well as your body's own cells that can give clues to what is making you sick.