



Healthy Skin Story

scabies, skin sores and tinea



Contact: **East Arnhem Healthy Skin Project**
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What is scabies?

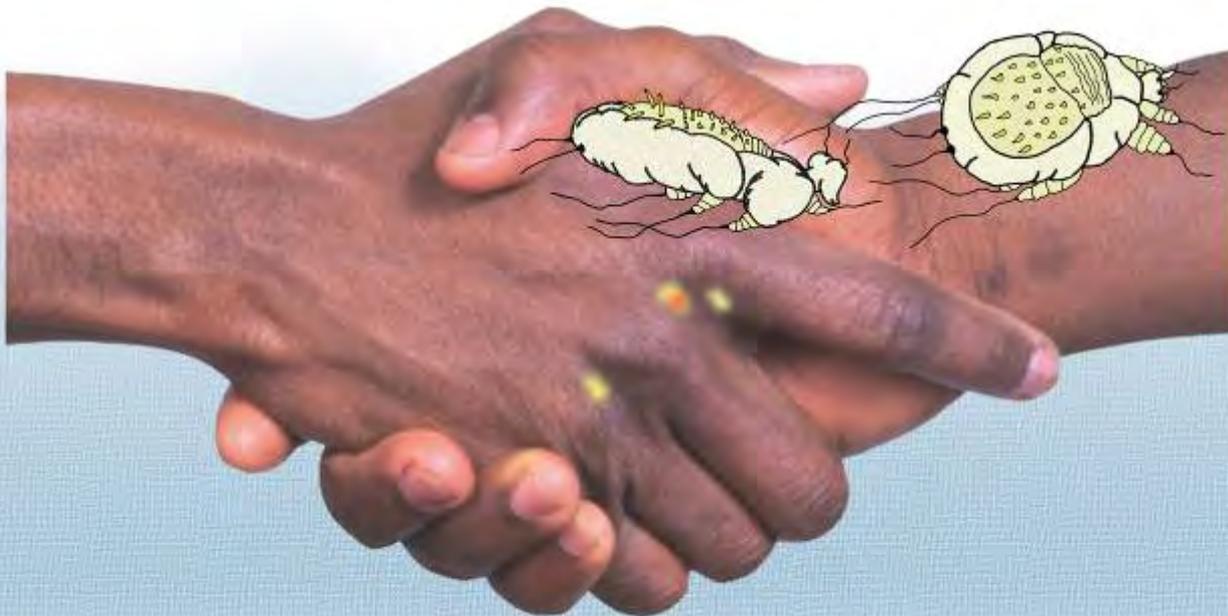
- ☼ Scabies is a skin disease
 - ☼ caused by tiny bugs called scabies mites
 - ☼ the mites dig under your skin to lay their eggs
 - ☼ they can make you itchy





How do you get scabies?

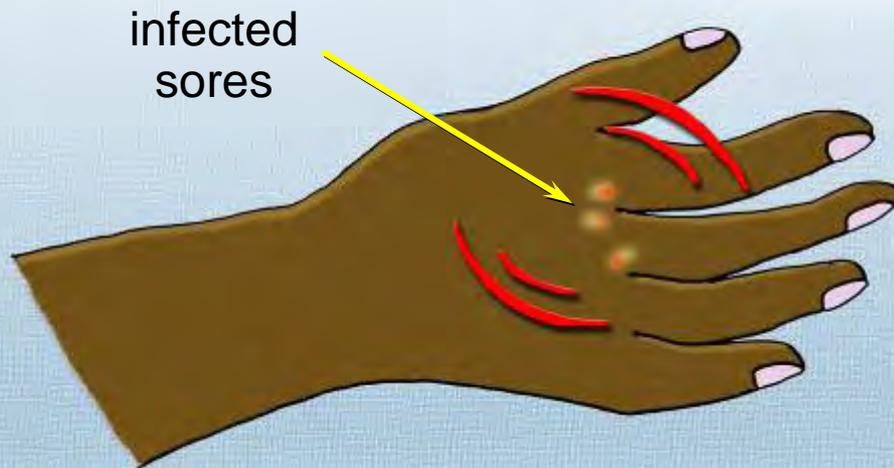
- ☼ You get scabies from other people
 - ☼ You DON'T get scabies from dogs ❌
 - ☼ You can get scabies if
 - ☼ **you touch other people who have it**
 - ☼ **you touch their clothes**
 - ☼ **or sleep on their beds**





How do I know if I've got scabies?

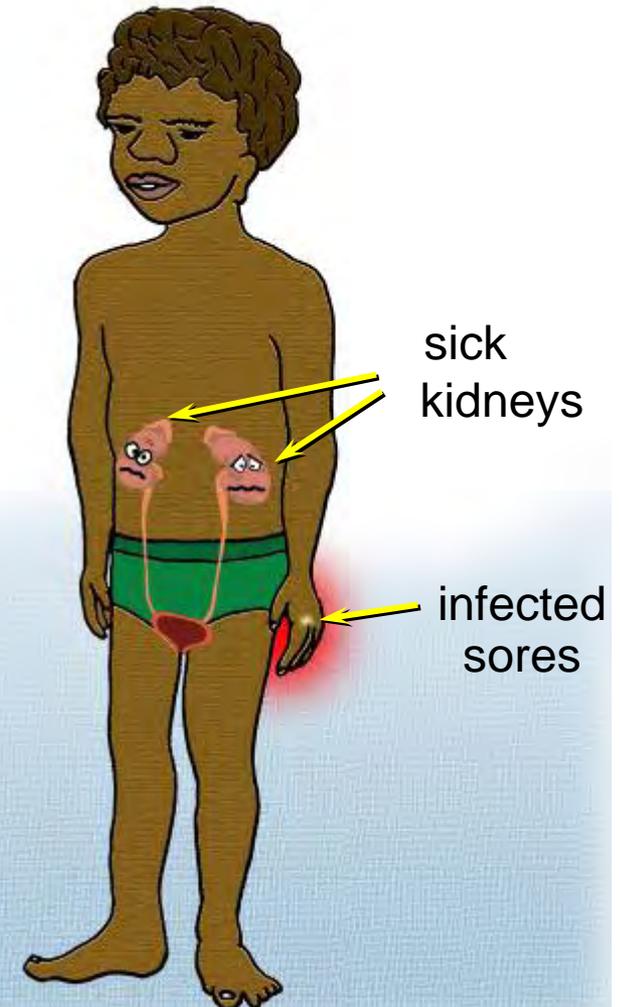
- ☼ Your skin will feel itchy
 - ☼ especially at night
 - ☼ you might get sores on your hands and other parts of your body





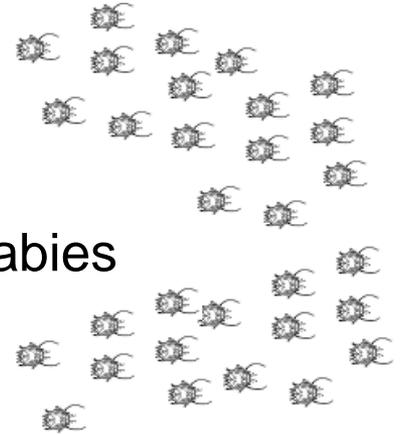
Can I get sick from scabies?

- ☼ Scabies can make you very sick
 - ☼ The mites dig holes in your skin and let germs into your body
 - ☼ The germs can
 - ☼ **poison your blood**
 - ☼ **make your kidneys sick**
 - ☼ **make your heart sick**





Crusted scabies



- ❁ The worst type of scabies is called crusted scabies
 - ❁ Not many people get it
 - ❁ 1000s of mites get on your skin
 - ❁ Your skin will get very flaky
 - ❁ You will be very sick and will need to go hospital





What should I do?



☺ Have a bath, shower or swim every day ☺

➤ Go to the clinic if your skin is itchy or if you have sores

☼ If you have scabies everyone in your house will need scabies cream

☼ If the scabies is really bad you might need to go to hospital



Getting rid of scabies



- ☺ Treat everyone in your house with scabies cream
- ☺ Wash all the clothes and sheets
- ☺ Put your mattresses out in the sun
- ☺ Give your house a good scrub
- ☺ **Have a bath, shower or swim every day ☺**





What causes skin sores?



Germs



Healthy skin keeps germs out
If your skin gets broken
then germs can get in



infected scabies



sandfly bites



infected sores



Strep Germs

- will give you skin sores
- can poison your blood
- can make your heart sick
- can make your kidneys sick



infected sores



What should I do?



☺ Have a bath, shower or swim every day ☺

☺ If you have sores, wash them with soap to keep them clean

➤ Go to the clinic if your sores have pus or are yellow or red

➤ Talk to the clinic staff if you are worried about your sores





What is Tinea?

- * Tinea is caused by a fungus
 - * lots of people get it
 - * especially in places like the Top End where it is hot and humid
 - * it is also known as ringworm
- * You can get tinea from other people
- * It can be very itchy



**Tinea on
Yolngu skin**



**Tinea on
Balanda skin**



**Tinea on a
Yolngu finger nail**



**Tinea on a
Balanda toe nail**



What should I do ?



☺ Have a bath, shower or swim every day ☺

➤ Go to the clinic if you think you have tinea or if your skin is itchy

✳ If the tinea is on your body you will get some anti-fungal cream

✳ If the tinea is on your nails you will need to take some tablets

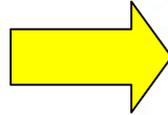
✳ Everyone who has tinea should get treated

☺ **This will make them feel better**

☺ **It will stop the tinea from spreading to other people in your house**

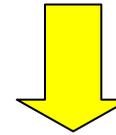


Healthy Skin Story



Scabies cream

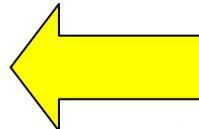
Washing



Check ups



😊 😊 Healthy Skin 😊 😊



No scabies
No skin sores
No tinea





East Arnhem Regional Healthy Skin Program



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