Healthy Skin Story
scabies, skin sores and tinea

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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

![Diagram showing infected sores on a hand and a person scratching their 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

infected sores

sick kidneys
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

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

infected scabies
infected sores
sandfly bites
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
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

Healthy Skin

No scabies
No skin sores
No tinea

Washing

Check ups
East Arnhem Regional Healthy Skin Program

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