

# Scabies

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School Name  
School Nurse Name  
Phone Number  
Date

Dear Parent or Guardian,

This letter is to inform you that there has been a case of scabies identified at the school. For confidentiality purposes, no further details can be provided regarding the case but you are receiving this letter because your child may have been exposed and it's important to monitor them closely for any symptoms. Scabies infection is typically not dangerous, very mild, and highly treatable. The following information is intended to help you understand more about scabies and how to prevent further spread.

**What is scabies?** Scabies is an extremely itchy and contagious skin infection caused by tiny mites that burrow under the skin where it will live and lay eggs. The mites are too small to be seen with the human eye and can infect people of all ages.

**What are the symptoms?** Symptoms include a pimple-like, itchy, uncomfortable rash that is especially irritating at night. It commonly occurs in the skin folds of fingers, wrists, toes, armpits, and the groin. Occasionally, thin burrow tracks can be seen under the skin that resemble pencil marks. Symptoms typically develop 4–6 weeks after exposure but can be sooner if an individual has previously had a scabies infection.

**How is it treated?** If you suspect your child may have scabies, contact their pediatrician for an appropriate treatment plan which usually includes one of several available prescription-only lotions or creams that kill scabies mites. It is important to closely follow application instructions to apply the topical product appropriately and ensure it is left on the body for the recommended amount of time before being washed off. Itching might persist once treatment has ended and can be resolved with OTC antihistamines, as directed by your child's pediatrician. In addition to infected

individuals, treatment is also often recommended for household members or other contacts known to have prolonged skin-to-skin contact with the person infected.

**What are the risks?** Individuals with weakened immune systems are at risk of severe cases of scabies called crusted scabies and should receive prompt and aggressive treatment at the first sign of infestation. Additional risks for anyone infected with scabies include insomnia that occurs from the severe itch, as well as, bacterial infections that occur from scratching the rash. If your child has a scabies infestation, make sure to keep their fingernails short and trimmed.

**How does it spread?** Scabies is spread by prolonged skin-to-skin contact with someone infected. Incidental contact from a handshake or hug does not typically result in scabies transmission. Indirect spread through clothing, towels, and bedding is possible, but rare. Pets do not spread human scabies.

**How long should children with scabies stay away from school?** Children with scabies can attend school once treatment is completed.

**What should you do now?** Monitor your child for symptoms and contact your pediatrician and school nurse if you suspect an infection.

Thank you for your careful attention to the information in this notice and for your diligence in helping to keep our school community as safe and healthy as possible. Please don't hesitate to reach out to the school nurse with any additional questions or concerns.

Sincerely,

School Nurse Name