

# Worksheets and Checklists for Treatment Resistant Scabies

**This is your scabies treatment guide if basic instructions didn't work.**

(Adapted from Recovery Workbook for Treatment Resistant Scabies: How to Fight the Mites and Win!)

On the following checklist, mark how you feel, and write down any other emotions or negative thoughts that you have:

- |                                      |  |   |
|--------------------------------------|--|---|
| <input type="radio"/> Worried        | <input type="radio"/> Disgusted              | <input type="radio"/> Craving touch and hugging |
| <input type="radio"/> Anguished      | <input type="radio"/> Tired                  | <input type="radio"/> Overwhelmed               |
| <input type="radio"/> Sad            | <input type="radio"/> Impatient              | <input type="radio"/> Can't bear it             |
| <input type="radio"/> Frightened     | <input type="radio"/> Uncertain              | <input type="radio"/> Crazy                     |
| <input type="radio"/> Hopeless       | <input type="radio"/> Embarrassed or ashamed | <input type="radio"/> Helpless                  |
| <input type="radio"/> Out of control | <input type="radio"/> Isolated and lonely    | <input type="radio"/> Dirty                     |
| <input type="radio"/> Desperate      | <input type="radio"/> Frustrated             | <input type="radio"/> Other: _____              |
| <input type="radio"/> Angry          | <input type="radio"/> Depressed              |   |
| <input type="radio"/> Miserable      |  |   |

Who do you plan to talk to about your rash?

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What things (people, behaviors, actions) have helped you in the past with difficult situations?

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What coping or relaxation skills do you want to try?

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Make sure that you do everything you can to cope and relax during this difficult time. You can download and use a Coping and Relaxation Workbook free from <https://healthvista.net/wp-content/uploads/2015/11/CopingandRelaxationWorkbook.pdf>

Write down all the people who live with you, and anyone that you had skin-to-skin contact with within the past month:

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Write down your plan for treatment day and times:

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**Contact your medical provider and write notes here:**

Report any concerns or any side effects that you had with the scabicide you used before. Any advice to make this treatment better? Write your notes here:

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Request another prescription for a scabicide. Will there be a refill if needed?

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Ask if an extra tube could be used if you are a very large or obese person. \_\_\_\_\_

When should the next treatment be started? \_\_\_\_\_

Report any rash that is crusting, thick, or patchy. Is it OK to use the scabicide on those areas every 2 days for up to 14 days, if needed? \_\_\_\_\_ If not, what should be done for those areas? \_\_\_\_\_

Report any new areas of rash after the last treatment. Is it OK to re-treat those areas and the skin around it every 2 days for up to 14 days, if needed? \_\_\_\_\_ If not, what should be done for those areas? \_\_\_\_\_

Report any signs of skin infection. Is an antibiotic needed? \_\_\_\_\_

Ask if you should schedule any follow-up appointments. \_\_\_\_\_

Look at the impressive, colorful, easy-to-read pamphlet by AZ Dept of Health Services (2015) if you want to review the basics before going into more detail. You can find it at <https://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/healthcare-associated-infection/advisory-committee/subcommittee/scabies-pamphlet.pdf>

### Get what you need and prepare for treatment:

- Disposable gloves
- Extra laundry baskets
- Disinfectant wipes or spray and paper towels
- Thick garbage bags
- Enough bras, underwear, and socks to last for a week
- Plenty of comfortable, loose clothing
- Extra pillows
- More bed linens, if needed
- Cash for the laundromat, if needed
- Plenty of laundry detergent
- Protective, long-sleeved, high-collared overshirts to use when doing laundry
- Arrange for someone to help you if you need it

### Clean the house:

- Wear disposable gloves while cleaning, and as you gather the laundry.
- Wash or bag everything that you used in the past 3 days (or longer if you prefer).
- Do most of the housecleaning before applying your scabicide. Wash hands and sweating would dilute the medicated cream and make the treatment less effective.
- Vacuum carpets, area rugs, and all the upholstered furniture. Also vacuum under the cushions. You can wash cloth covers or chair pads or use a steam cleaner for fabric surfaces.
- Sweep and then wipe down floors and washable surfaces with disinfectant spray or solution.
- Declutter and vacuum the floor under the beds.

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- Optional: Vacuum the car seats and floors if you were in the car within the past 3 days. Wipe down the seats and other surfaces with disposable cleaning cloths.
- Carefully throw away the vacuum cleaner bag without spilling it or getting the dust on your skin or face.

### **Wash the laundry:**

- Wear disposable gloves as you wash clothes that were worn during the 3 days before the treatment, plus any clothing they were touching.
- Be careful not to touch the clean laundry to your skin or clothes. That way, the mites don't get back into the clean laundry as you move them or pick up the baskets.
- Use hot water to wash the laundry and then use a high heat dryer cycle. According to the CDC (2020), scabies mites will die if exposed to a temperature of 50°C (122°F) for 10 minutes.
- In a laundromat, you can be more certain of hotter water and higher heat for drying. Bring coins or cash if needed and remember to bring your own laundry detergent to save some money. Using the high capacity machines could make it quicker, with less chance of getting mites from the clothing and linens on you or the floor as you put the laundry in.
- Be careful not to shake the laundry or the bags. The mites can fall and spread through the air (even though they can't fly).
- If you use garbage bags to bring the laundry to the washer, carefully throw the bags away in a covered container after you dump the clothes into the washer.
- Wear a clean protective overshirt with long sleeves to make sure no mites from your body return to the clean laundry. Put the used shirt into a clean, airtight plastic bag before you get in the car (if you are using a laundromat). Put the used overshirt with the dirty laundry.
- Wipe down the laundry area with a household disinfectant after the dirty clothes are in the washer.
- As you move clothes from the dryer to the baskets, you might want to leave the laundry loose and unfolded. It is easier to find things and carefully grab them without touching everything else if you don't fill them up all the way. If you do plan to fold them, use gloves and a clean overshirt.
- Leave the clean clothing and sheets separate from the clothes in closets and drawers for at least 3 days, or until you are confident that the treatment worked. If you have enough other clothes to use, avoid using those clean clothes for at least 3 days.
- You can turn up the heat in the house so you can use fewer blankets at night and have less laundry to wash.
- Optional: Change the bedding and pillows the night before treatment and in the AM.
- Required: You will need to change the bedding and pillows the morning after treatment.
- Small items that you will need to use again soon can be placed in plastic bags in the freezer for at least 12 hours. You can put combs, brushes, and hair accessories clips in the freezer if you want to use them again in the morning.
- Don't use the same shoes, backpack, or purse the next morning that you used before the treatment, unless they were washed and dried with high heat, or put in the freezer.

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### Carefully apply the scabicide on your body:

This book describes treatment with Permethrin. If your prescribed treatment is a different scabicide, or an oral medication, **read the information from your pharmacy and follow those specific application directions** instead of the medication directions in this workbook.

- Apply the scabicide in the evening so you can sleep while you have it on.
- Take off any jewelry or any wearable fitness devices such as a Fitbit. Wipe them down with disposable disinfectant cloths. Otherwise, leave them in a sealed plastic bag for 3 days or put them in a freezer for 12 hours if it will not damage the device.
- Wipe down the toilet, sink, doorknobs, and light switches.
- Wipe down your toothbrush, eyeglasses, and the body lotion container for dry skin.
- Clean under your fingernails, so the medicated lotion can be absorbed well there.
- Change hand towels in the bathrooms and kitchen before and after the treatment.
- Make sure your skin is clean before applying scabicide. If you take a shower or bath, wait about 15 minutes so your skin is completely dry and skin pores have closed.
- Apply scabicide to your skin following the directions you were given by your medical provider or pharmacy. Apply a thin layer to the whole body, except in or near the eyes, nose, and mouth.
- Pay attention to hard-to-reach places such as your back, the soles of your feet. Remember, if you miss some skin, the mites, larva, nymphs, and eggs can survive there and reinfest you.
- Don't forget to apply scabicide behind and on your ears, between all fingers and toes, under fingernails, on and under skin folds, on breasts and nipples, and on your genitals or penis. Do not apply it inside body cavities, such as the vagina.
- If you are breastfeeding, wait until the treatment is finished and the scabicide is washed off.
- Put a thicker layer on areas that are suspected of being crusted.
- Follow specific directions if you are treating children or infants. Directions may say to apply it on their face and scalp, except around the mouth. You could put gloves or mittens on children after the scabicide dries, so they don't lick it off.
- Consider whether to apply the scabicide to the face. The usual directions for adults say to apply the scabicide from the neck down (not to the face because the scabies mites are not usually found there). Some instructions said adults should apply scabicide to the hairline and onto the chin. According to LA County Public Health (2019), infants and young toddlers, the elderly, and people with compromised immune systems, should apply scabicide to the head (forehead, temples, and scalp) in addition to the area behind the ears. They also said that adults could consider applying scabicide to the head if there was prior treatment failure. If you decide to put scabicide on your face, be very careful to avoid the mouth, eyes, and the inside of the nose.
- If you can't reach your own back, consider using a spatula, or put some of the cream on a sheet of plastic wrap, wiping it over your back like you do when you use a towel to dry it, as described by WikiHow (2019). It is very important to apply the cream to every bit of skin on your body, so it can penetrate the skin and enter the burrows and pits that mites live in. You want it to reach every mite and all their eggs. Leave no areas untreated where they could survive and reinfest you.

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- Allow the scabicide to dry completely before putting your night clothes on, so the clothes don't absorb any of the cream or rub it off. You will be dry faster if you don't stay in the humid bathroom.
- Don't put any other creams or lotions on your skin while you have the scabicide on. Avoid anything that could dilute or weaken the scabicide.
- When you go to the toilet or wash your hands during that night, re-apply the medicated cream to wherever it was wiped or washed away. That would mean you could re-apply the scabicide to the genitals, skin folds, hands, wrists, and under fingernails after toileting.
- Leave the medicated skin lotion on for 8-14 hours, or whatever your directions say. After that, put your bedding and pillows in the laundry.
- You will have a lot of laundry to do. If you want to, you can start washing the bedding before you take your morning shower.
- Vacuum the mattress before replacing the bedding.
- Optional: Spray the surface with disinfectant spray (or use a steam cleaner).
- Optional: You can choose to flip the mattress and clean both sides if you have someone to help you.

### Take a shower after the treatment is done:

- Put your night clothes and any hand towels in the laundry.
- Take a shower to wash off the scabicide thoroughly.
- After your shower and shampoo, put the washcloths and towels in the laundry.
- Get dressed in clean clothes.
- Make sure everything in and near the bed is clean. Wipe down again any eyeglasses, hair accessories, or other items that you keep at your bedside (including CPAP, mask, and headgear, if you use one).
- You can put the cleaned items from your purse or backpack into a clean one.
- Wipe down the toilet, sink, and bathtub or shower. Wipe the doorknobs and light switches again if you touched them again since they were cleaned before.
- Wipe down your toothbrush, eyeglasses, and the body lotion container that you use for dry skin
- Put clean bedsheets, blankets, and pillows on the bed.
- Optional: You could choose to change the bed sheets daily for up to a week until no more mites or eggs would be shedding into the bed.
- Take a deep breath. You will soon be done with the last mountain of laundry.
- Remember that your body is free of mites after treatment, but the laundry that is left to do probably still contains some mites and eggs. Wear a clean protective overshirt with long sleeves and a high neck.
- Use disposable gloves as you put the used clothes in the washer. Remember not to shake the laundry or the bag. You want every mite to land in the washing machine, not on you or on nearby surfaces.
- Immediately after loading the dirty clothes in the washer, take the protective overshirt off to add it to the washer with the other clothes. As you take it off, turn the shirt inside out and

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drop it in without touching your clean clothing or your skin. Then, pull the disposable gloves off inside out to throw them away. Then, wash your hands and your arms well.

- Do not do a scabies treatment on your pet. It is not needed, and it could be toxic. The type of scabies mites that infest humans do not spread to or from pets. According to Arizona Dept of Health Services (2015), they can only reproduce on humans.
- Optional: if you want to be extra cautious to prevent any mites returning to your skin from your pet, avoid hugging your pets with your bare skin. Don't sleep with them in your bedding for at least 3 days after the treatment. Wash your hands if you pet them. Although human mites can't live and reproduce on a pet, there is a slight chance that mites could get on a pet from your laundry or elsewhere and reinfest you.
- Congratulations for getting through this extensive and exhausting treatment!

### **After treatment, monitor the skin closely:**

- Expect some itching to continue for 2-4 weeks. Try not to worry about the itching if it is getting better by 3-4 days.
- Use body lotion if needed for dry skin. It may help decrease itching, tingling or stinging.
- Continue to shower every day. Change towels and hand towels daily until you are sure the treatment was successful.
- Let your medical provider know if you have any concerns or side effects from the scabicide or other medication.
- Apply additional scabicide every 2-3 days If approved by your medical provider for thick, crusty patches or any new areas of rash and itching. Apply it on the rash and the skin several inches around the rash because the mites may not be exactly where the rash is.
- Be sure to shower and wash your bedding in the morning if you reapply scabicide.
- Attend follow-up appointments, if needed.
- If the scabies itching and rash do not get better, and you don't think the treatment was successful, contact your medical provider again for further advice and treatment.

Write down how you feel after the treatment worked and the mites were gone:

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I hope that by using this Recovery Workbook, your life won't be derailed for long by the persistent parasites, and you will have a quick recovery from scabies.

For complete information, it would be best to read the full book, which will be available on Amazon.com. These supplemental worksheets and checklists can be printed out and used to write on as you prepare for and keep track of what you do during the treatment.

Additional Recovery Workbooks about many helpful topics are available at <https://healthvista.net/store/>