

疥疮

疥疮是一种很容易在人与人之间传染的皮肤瘙痒病症。



婴儿脚底的疥疮皮疹
(图像张贴获得 VisualDx 许可)

什么是疥疮？

疥疮是一种皮肤瘙痒症，是由藏在皮肤内的小虫（螨虫）产卵所致。这些小虫非常小，肉眼看不到。

身体的哪些部位容易感染？

- 手指和手指间连接处
- 腋窝
- 手腕和手肘皮肤褶皱处以及膝盖背面
- 生殖器部位和臀部
- 脚趾头和脚趾头间连接处
- 脚侧面和脚底

有哪些症状？

- 严重瘙痒
- 小红包、水泡或类似青春痘的皮疹
- 抓挠造成的溃疡

疥疮如何传染？

疥疮因人与人之间密切接触传染。可能会因为共用衣服、毛巾、床单和皮肤密切接触传染。

了解进一步详情

- 皮肤病科
206-987-2158
- 请向您的孩子的医疗保健提供者洽询
- seattlechildrens.org/patient-education

免费口译服务

- 请在医院内向您的孩子的护士询问。
- 在医院外，请拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。



如何治疗疥疮？

通常用抹在皮肤上的（外用）药物治疗疥疮，例如氯菊酯（Permethrin）5% 药膏。

如何涂抹药膏？

1. 在完全擦干孩子的皮肤后，将一层薄薄的药膏涂在颈部至以下的全身皮肤上。涂药之前不要让孩子洗澡或洗淋浴，以免造成皮肤吸收过多的药物。
 2. 请包括颈部至以下的所有身体部位，甚至包括看起来没有感染的部位。请务必将药膏涂在手指和脚趾之间的部位以及指甲下方。如果孩子面部有皮疹，小心地将药膏涂在患处，避免接触眼睛和嘴巴。
 3. 一旦在颈部至以下的所有部位涂上药膏，将药膏留在身上过夜。如果您的孩子是婴儿或幼儿，给孩子戴上手套或穿上袜子，以免孩子将药膏揉进眼内。早上用肥皂和水在澡盆或淋浴间内将药膏洗去。
 4. 等候七天，再按照相同的方法涂药膏。通常在用药两次后疥疮就会消失。
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是否有其他治疗疥疮的药？

对于年龄较大的孩子和成年人，还可以用伊维菌素（Ivermectin）口服药治疗疥疮。您的医疗保健提供者会在必要时与您讨论这种治疗方法。

我孩子的皮疹会延续多长时间？

您孩子的皮疹会在治疗后消失，但瘙痒最长会延续两个月或更长时间。有各种不同的口服或皮肤外用止痒药可供使用，帮助减轻孩子的瘙痒状况，直至症状完全消失。如果您的孩子继续出新皮疹，请告诉您的医疗保健提供者。

疥疮会复发吗？

如果没有对您的家中进行处理和对家庭成员进行治疗，以确保疥疮完全消失，疥疮会复发。一旦您开始用疥疮药治疗，您就应当开始对您的家中进行处理。

我如何清除家中的疥疮？

所有过去三天内任何家庭成员曾接触过的衣物、毛巾、床单和毯子均应在洗衣机中用热水清洗，并用高温至少烘干 20 分钟，以便杀死螨虫。用同样的方法处理车座椅垫、儿童高脚椅垫和婴儿推车。

应将任何无法洗涤的床上用品、枕头、毛绒玩具放入塑料袋中，密封三天。第二次治疗时应当重复这个步骤。

我的家人怎么办？

即使您的家人没有出现症状，也应当用疥疮药对所有的家庭成员进行治疗。疥疮很容易通过人与人的密切接触传染。通常一个家庭会有超过一名家庭成员感染疥疮，即使他们尚未出现皮疹。

我的孩子何时能返回学校？

您的孩子在第一次用疥疮药治疗后即可返回学校。

Scabies

Scabies is an itchy skin condition that is easily spread from person to person.



Scabies rash on the bottom of a baby's foot

(Image appears with permission from VisualDx)

What is scabies?

Scabies is an itchy skin condition. It is caused by very tiny bugs (mites) that burrow in the skin and lay eggs. The mites are too small to see with your eyes.

What areas of the body are usually affected?

- Fingers and the webbed spaces between fingers
 - Armpits
 - Skin folds around wrists, elbow creases and behind the knees
 - Genital area and the buttocks
 - Toes and the webbed spaces between toes
 - Sides and bottoms of the feet
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What are the symptoms?

- Severe itching
 - Little, usually red bumps, blisters or a pimple-like rash
 - Sores caused by scratching
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How is it spread?

Scabies spreads from close contact between people. You can get it from sharing clothes, towels, bedding and close skin-to-skin contact.

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To Learn More

- Dermatology
206-987-2158
- Ask your child's healthcare provider
- seattlechildrens.org/patient-education

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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How is it treated?

Scabies is usually treated with medicine that you put on the skin (topical), such as permethrin 5% cream.

How do I apply the medicine?

1. Rub a thin layer of the medicine on your child's skin from the neck down when your child's skin is completely dry. Avoid giving your child a bath or a shower before you put it on because it can cause too much medicine to be absorbed into the skin.
 2. Include all areas of the skin from the neck down, even areas that do not seem to be affected. Make sure to put the medicine on the skin between the fingers, toes and under the fingernails. If there is a rash on your child's face, carefully apply the cream in that area, avoiding their eyes and mouth.
 3. Once you have covered all of your child's skin from the neck down, leave the cream on overnight. If your child is an infant or toddler, put on gloves or socks to prevent them from rubbing medicine into their eyes. In the morning, wash off the medicine with soap and water in the bath or shower.
 4. Wait 7 days, then apply the medicine again the same way. Scabies usually goes away after 2 treatments.
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Are there other medicines for scabies?

We may treat older children and adults with a medicine taken by mouth, called ivermectin. Your healthcare provider will talk about this treatment option with you if needed.

How long will my child have a rash?

Your child's rash should go away after treatment, but they can be itchy for up to 2 months or sometimes longer. There are different kinds of anti-itching medicines taken by mouth or applied onto the skin that may be recommended to relieve your child's itching until it goes away completely. Let your healthcare provider know if your child continues to develop new rash.

Will scabies come back?

Scabies will come back if your home and family members are not treated to make sure the scabies go away fully. You should start treatment for your home as soon as you begin treatment with scabies medicine.

How do I get rid of scabies in my home?

All clothing, towels, sheets and blankets that have been in contact with any family member in the past 3 days should be machine washed in hot water and dried on high heat for at least 20 minutes to destroy the mites. Do the same for car seat covers, highchair covers and strollers.

Any bedding, pillows, stuffed animals or toys that cannot be washed should be placed in a plastic bag and sealed for 3 days. This should be repeated with the second treatment.

What about my family? Even if your family members do not show symptoms, all family members should be treated with scabies medicine. Scabies is easily spread by close contact from one person to another. Usually more than 1 person in a family has it, even if they have not yet developed a rash.

When can my child return to school? Your child can return to school after 1 treatment with the scabies medicine.